

# Better Homes & Gardens®

➔  
MEADOW  
GARDEN  
FLOWERS  
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COOKING  
WITH  
BRIGHT THAI  
FLAVORS  
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*Go*  
**WILD**

DISCOVER  
ADVENTURES AT  
HOME AND  
ON THE ROAD

**family  
fun**

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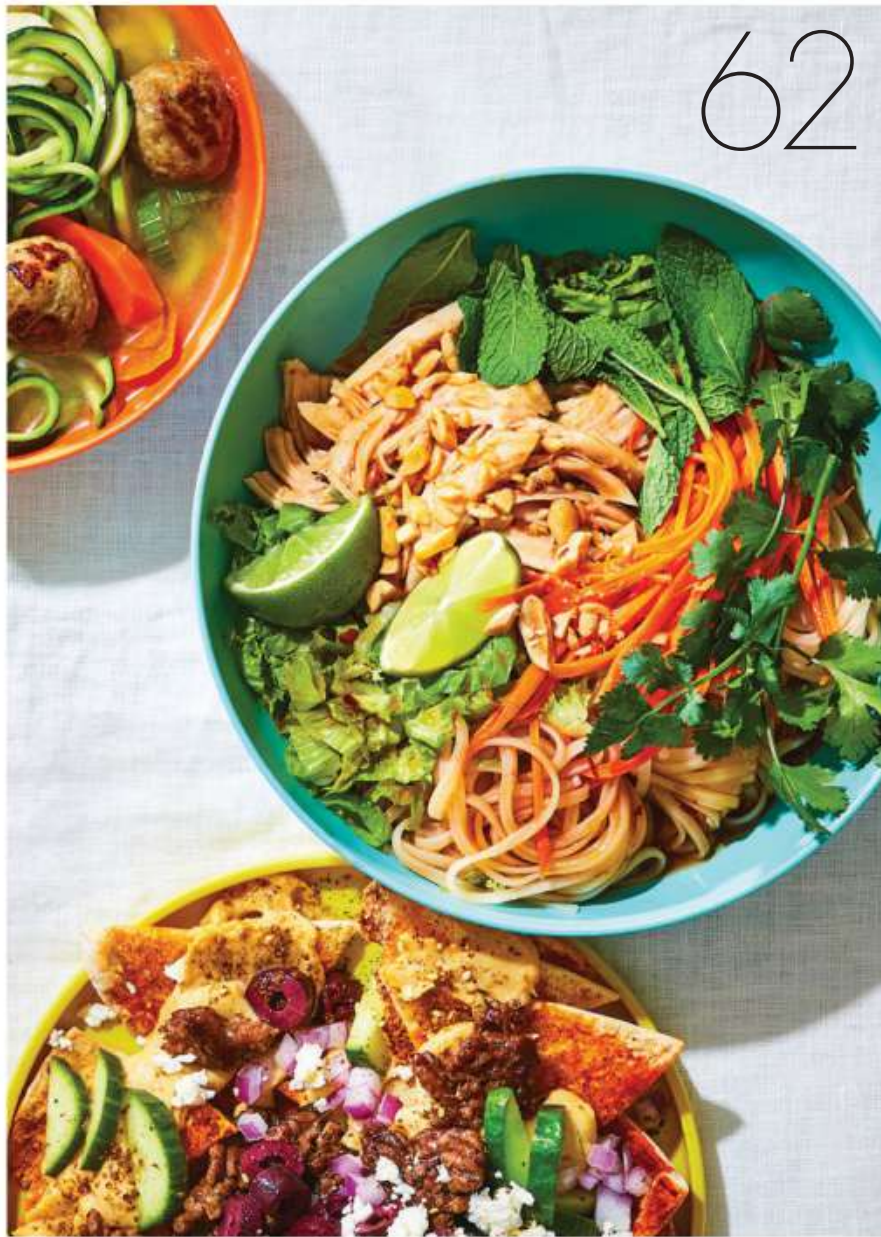
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**USA**

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**JARRET EINCK**

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# EDITOR'S LETTER



I have great respect for experts. When it comes to home repairs, I'll admit I'm not one, nor am I very handy. I'm not the kind of control freak who has to do everything myself or it's not done right. I love nothing more than calling up a good repairperson or contractor who can use their hard-won knowledge to improve something and make it better than I could ever have imagined. But despite the number of projects that need attention around my new (very old) house, my approach this summer is different.

For one thing, we are in the middle of a home buying and renovation boom, so it's difficult to find a pro who will even return your calls, especially if you're a new client. There also are shortages of labor and materials, like lumber and upholstery foam, that force us as

homeowners to learn valuable lessons about patience and encourage us to acquire some new skills. Where once I would've picked up the phone to hire someone to repair a problem, now I'm trying to see if I can do it myself. I'm appreciating the process—and saving some of my renovation budget at the same time.

In my new house, problems that escaped the eye of the home inspector are now, of course, revealing themselves. Some things, like repairing anything electrical, are off the

table, but I've very much enjoyed figuring out the smaller fixes, such as replacing stubborn toilet handles and changing the basement water filter. When an unfamiliar alarm went off the other day, it took some online sleuthing to figure out it was our septic pump alarm, which was something I didn't even know existed. Don't worry—I didn't try to repair that one myself either, but I did tag along with the team of septic installers who came out so I could really understand how the whole system works.

Turns out, the pandemic has made me more of a DIYer. Before last year, I was generally too busy to handle such things myself; now

my goal is to take a crack at being more self-sufficient. As a friend says, any repair I might want to undertake is on YouTube (or better yet, *BHG.com*). It feels good as I learn skills and work-arounds as part of my homeowner journey. Even if I do get busy again with travel, work, etc., I want to hang on to this DIY attitude going forward. Doing these tasks helps ground me in our new abode. To me, each repair I execute, every nondripping faucet or unstuck window, is another victory and a little root I've put into the ground of this new property. And that makes me proud.

A handwritten signature in black ink, reading "Stephen Orr".

STEPHEN ORR,  
*Editor in Chief*  
instagram @steporr

## THE FIX-IT LIST

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LETTERS + COMMENTS [BHGEditor@meredith.com](mailto:BHGEditor@meredith.com) SUBSCRIPTION HELP [BHG.com/MyAccount](https://www.bhg.com/MyAccount)  
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## 33 WAYS TO PICKLE

Our favorite recipes transform more than the typical cucumber.

Try our spin on dill pickles made with cucamelons, *below*, make sauerkraut, and test infusions like balsamic pickled apricots and vanilla cherries.

**BHG.com/PickledRecipes**

## How to repel mosquitoes

These no-fuss, no-pesticide tricks help keep mosquitoes from taking over backyard hangouts. Learn what plants drive the bugs away, how to DIY citronella candles, and more.

**BHG.com/NoMosquitoes**

[SWEEPSTAKES]

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—AMY BRIGHTFIELD, *features director*

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## KIDS SCAVENGER HUNT BINGO

Take our bingo card around town and document your discoveries by snapping photos of items you see or collecting the pocket-size trinkets like pine cones and feathers. Cross off items as you find them. Get five in a row or aim for top-notch explorer status by finding every item. ▶ Scan the smart code at right to download our free bingo card.





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# ADVENTURES ON A DIME

Go out or stay in—with our ideas, minimal materials, and your companions of choice, the day (or night) just got more interesting.



## PICK YOUR PLAYERS

Use our handy icon key as a guide to browse the best type of adventure for you and your comrades.



**KID-FRIENDLY**  
The whole family will enjoy these activities.



**DATE IDEA**  
Romance and some playful competition feel like a first date all over again.



**GRAB A PAL**  
The more the merrier for these group outings.



**OUTDOORS**  
Get active in the open air, day or night.



## SCAVENGER HUNTS

Working to solve these outdoor puzzles may lead to some friendly rivalry.



### MEMORY LANE

Create a hunt to meaningful local spots for your partner. Write clues on slips of paper wrapped around flower stems. Each time your partner completes a task, give them the next clue (and stem) until they've solved them all—and built a bouquet. Some clues can be finding locations; others can be activities like winning a game of pool at a pub.



### TREASURE APPS

In a crunch and want a hunt that's planned? Try these apps for searches near you.  
**GooseChase** Use suggested "missions" to create a task list or compile your own for a personalized hunt.  
**Let's Roam** Themed scavenger hunts in cities around the U.S. teach the history of landmarks.  
**Geocaching** Free, with hiking options to get everyone exercising.



## BLIND TASTINGS

Put your flavor-profiling skills to the test with these food and drink guessing games.



### GUESS THE WINE

Choose a few different wines from one category—a grape varietal, reds from a particular country, or unusual whites, for example. Cover the labels. As you taste them, have everyone rank their favorites, try to guess the variety, or list as many flavor notes as they can.



### TASTE THE COLOR

Can you tell the difference between red and green, eyes closed? Find out by laying out different colors of the same food type. Which blindfolded person can taste the difference? Test favorites like apples, grapes, raisins, cheeses, candies, or sports drinks. Even if you guess wrong, snacking is always a win.



## THEME NIGHTS

Go back in time to a favorite era or head in an unknown direction for an adventure that covers new territory.



### THRIFT SHOP CHALLENGE

Armed with \$10 each and a sharp eye, everyone puts together a thrift store outfit for a friend. Create an alter-ego for your partner or pals with flashy throwback clothes and go to a venue that matches your finds. Say, '90s night at the bowling alley or '80s attire for the roller rink.



### DESIGN YOUR OWN CRAWL

You've heard of bar and gallery crawls, but the idea works for any theme. Make a list of all the parks in town and see which one has the fastest slide. Hit several farmers markets to find as many different heirloom tomatoes as you can. Or taste your way through the city's street taco options. ■



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## POUR, SIP, RELAX

An ice-cold glass of tea is the antidote to any hot summer day.

Cool things down and jazz things up by filling your glass with one of these three refreshers.

GREEN TEA  
FLOAT

### EASY SWAP

No matcha ice cream? Use vanilla for a milder flavor. (It will be just as creamy.)

HERBED ARNOLD  
PALMER

LONDON  
FOG SPRITZ

## Green Tea Float

Like an extra-decadent iced matcha latte:

Add 1 to 2 scoops **matcha green tea ice cream** to a tall glass. Pour  $\frac{1}{2}$  cup **brewed (chilled) green tea** and  $\frac{1}{4}$  to  $\frac{1}{2}$  cup **ginger ale** over the ice cream.

## Herbed Arnold Palmer

Infuse the classic iced tea-lemonade combo with an herb syrup. In a small saucepan heat 1 cup **water** and 1 cup **sugar** until just simmering, stirring to dissolve sugar. Remove from heat and add 2 Tbsp. **fresh mint leaves** or **dried lavender buds**.

Cover; let stand 2 hours. Meanwhile, in a medium saucepan bring 4 cups **water** to a simmer. Remove from heat. Add 5 bags **black tea**;

steep 5 minutes. Remove tea bags, squeezing gently. Let tea cool completely. Strain and discard herbs from syrup. In a pitcher stir together tea, syrup, and  $\frac{3}{4}$  cup **lemon juice**. Serve over **ice**.

## London Fog Spritz

A sparkling iced version of the traditional Earl Grey tea latte: In a glass combine 1 cup **brewed (chilled) Earl Grey tea**, 1 Tbsp. **Vanilla Syrup** (below), 1 Tbsp. **heavy cream**, and  $\frac{1}{4}$  cup **sparkling water**. Serve over **ice**.

### VANILLA SYRUP

In a small saucepan heat  $\frac{1}{2}$  cup **water** and  $\frac{1}{2}$  cup **sugar** until just simmering, stirring to dissolve sugar. Remove from heat and add 1 tsp. **vanilla bean paste**. Cover; let cool. Chill up to 2 weeks. ■





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**RUG**

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**FOLDING STOOL**

Paradigm Rust by Jacqueline Maldonado, \$49; [society6.com](http://society6.com)



**WALLPAPER**

Solstice in Blue Geometric by A-Street Prints, \$70 per roll; [mahoneswallpaper.com](http://mahoneswallpaper.com)



**WALLPAPER**

Tie Dye Stripe by Pelican Prints, \$95 per roll; [wallpapers.togo.com](http://wallpapers.togo.com)



**THROW BLANKET**

An instant refresh for basic white bedding. Reggie, \$98; [anthropologie.com](http://anthropologie.com)

# TIE-DYE

It's back, baby. But as much as we loved Technicolor swirls, today we favor soft hues in calming watered-down patterns. Still, each piece brings a touch of whimsy, playfulness, and movement to surroundings. Get inspired, then try our DIY ideas on the next page.

**DINNERWARE**

Patterns flow across sturdy melamine. Tie Dye 12 Piece Melamine Set, \$68; [wayfair.com](http://wayfair.com)



**NAPKINS**

Available in six colors. Cotton Table Napkins, \$36 for four; [boanderos.etsy.com](http://boanderos.etsy.com)



**YOGA MAT**

A suedelike texture gives extra grip. FP Movement x Yoga Zeal Tie-Dye in Violet, \$79; [freepeople.com](http://freepeople.com)



**FLOOR PILLOWS**

Fully supportive of floor-lounging. Dye Tech, \$69 each; [urbanoutfitters.com](http://urbanoutfitters.com)





# GET AHEAD OF ECZEMA AND SHOW MORE SKIN

DUPIXENT is a breakthrough eczema treatment that targets a key source of inflammation that can lead to uncontrolled moderate-to-severe eczema (atopic dermatitis).

Approved for ages 6 years and up.

HELP  
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YOUR  
SKIN  
FROM  
WITHIN™

## DUPIXENT may help provide:

- ▶ Clearer skin
- ▶ Noticeably less itch

## DUPIXENT is:

- ▶ Not an immunosuppressant
- ▶ Not a cream or steroid

## JOLIE, REAL PATIENT

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may vary.



**DUPIXENT®**   
(dupilumab) Injection  
200mg • 300mg

— TALK TO YOUR ECZEMA SPECIALIST AND VISIT [DUPIXENT.COM](https://www.dupixent.com) OR CALL 1-844-DUPIXENT (1-844-387-4936) —

### INDICATION

DUPIXENT is a prescription medicine used to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

### IMPORTANT SAFETY INFORMATION

**Do not use** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT®.

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:** have eye problems; have a parasitic (helminth) infection; are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby. There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy to collect information about the health of you and your baby. Your healthcare provider can enroll you or you may enroll yourself. To get more information about the registry call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

### DUPIXENT can cause serious side effects, including:

**Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

**Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects in patients with atopic dermatitis include** injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](https://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

**Please see Brief Summary on next page.**

SANOFI GENZYME  **REGENERON**

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**YOU MAY BE ELIGIBLE FOR AS LITTLE AS A \$0 COPAY.\* CALL 1-844-DUPIXENT (1-844-387-4936)**

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**Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only  
(DU-pix'-ent)  
injection, for subcutaneous use**

## What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat people aged 6 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

## Who should not use DUPIXENT?

**Do not use DUPIXENT** if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

## What should I tell my healthcare provider before using DUPIXENT?

**Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:**

- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Especially tell your healthcare provider if you:**

- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

**Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

## How should I use DUPIXENT?

- **See the detailed “Instructions for Use” that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

## What are the possible side effects of DUPIXENT?

**DUPIXENT can cause serious side effects, including:**

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

**The most common side effects of DUPIXENT in patients with atopic dermatitis include:** injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. The following additional side effects have been reported with DUPIXENT: facial rash or redness.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

### General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to [www.DUPIXENT.com](http://www.DUPIXENT.com)  
or call 1-844-DUPIXENT (1-844-387-4936)

## What are the ingredients in DUPIXENT?

**Active ingredient:** dupilumab

**Inactive ingredients:** L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591  
U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591)  
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Issue Date: January 2021



[TRY THE TREND]

# TIE-DYE TECHNIQUES

Transform tea towels, pillowcases, or any other white cotton fabric piece using these easy techniques for creating eye-catching patterns inspired by traditional shibori dyeing.



## SOUND WAVES

Wrapping zip ties around folded fabric creates tidy stripes. The zip ties hold the fabric tighter and are easier to secure than rubber bands.



### STEP 1

Fold fabric in thirds then in accordion folds about 1 inch wide.



### STEP 2

Secure zip ties tightly and evenly along the length of folded fabric.



### STEP 3

Squirt dye onto damp fabric. Let sit overnight. Remove ties; rinse.



## SCATTER DOTS

Flat marbles secured with rubber bands make these dots. Placement can set a mood—random for playful or a grid for more sedate.



### STEP 1

Gather flat marbles and rubber bands for the number of dots you want.



### STEP 2

Wrap marble in a section of damp fabric; secure with a rubber band.



### STEP 3

Squirt dye all over damp fabric; let sit overnight. Remove marbles; rinse.



## RIPPLES

Rubber bands spaced 1-2 inches apart around twisted fabric create a concentric pattern that looks like pond ripples. The wider the spacing, the larger the ripples.



### STEP 1

Pick a spot on the fabric and twist the fabric to a point.



### STEP 2

Starting at the point, wrap bands tightly around twisted fabric.



### STEP 3

Squirt dye onto damp fabric. Let sit overnight. Remove bands; rinse.

## one-stop shop

These buyable bundles make it easy to get started on dye projects.



### ACCESSORY KIT

Includes three squeeze bottles, rubber bands, gloves, and more. Dye sold separately. \$11; [ritdye.com](http://ritdye.com)



### PLANT BASED DYE KIT

Includes all-natural dye, a silk hankie, and full shibori tutorial. \$48; [youreupstate.com](http://youreupstate.com)



**REVERSE DYE** Think of this as tie-dyeing with bleach. Reverse-dye kits remove color instead of adding it and are often used to revive dark fabrics. Try Tulip Reverse Dye Kit (\$10; [tulipcolor.com](http://tulipcolor.com)). ■





# erica explores FOUNDATION LITE

**I** never wore foundation around the house pre-Covid. The idea of a full face of makeup outside of work or a party seemed about as natural as wearing stilettos to bake zucchini muffins with my 4-year-old daughter or changing into a cocktail dress to watch Bravo on the couch (although that might have been fun while we were all stuck at home).

When my WFH life required being camera-ready for virtual meetings, mascara and concealer made sense. Foundation still felt fussy. Plus, I learned the best hack for a radiant glow: Set up your computer in front of a window for natural light (and invest in a ring light for cloudy days).

But never say never, right? With the world reopening and vaccinations allowing for more masks-off moments, my minimalist attitude has shifted.

I want to wear blush! And lipstick! And I'm really into foundations that leave my skin feeling and looking fresh and healthy in any light, whether IRL or virtually.

"Lite" foundation is a relaxed approach. "It's all about embracing your skin's natural beauty. You want to still look like you," says Lisa Eldridge, global creative director of Lancôme.

You can achieve this in two different ways: applying a medium-to-full coverage formula only where you need to even out your tone or applying a sheer formula all over.

For the first option, cream sticks and pots are versatile (and travel-friendly). "You can sheer them out with a sponge or brush and also dab on like concealer in spots without it becoming cakey," says NYC makeup artist Todd Harris.

I'm also a fan of tinted fluids that blend on smoothly and blur away sun spots, tiny veins, and redness. Each shade covers a wider range of skin tones—a big plus if you're trying to find your shade online.

It's amazing how good your skin looks when it can breathe.

*Erica*

beauty & fashion director  
Instagram  
@ericarmetzger



**less is  
always  
more**

"As we get back into wearing makeup, it's about convenience and ease," Eldridge says. This creamy, oil-free stick can also sub as concealer (or contour color if you go a few shades darker). I love the built-in Kabuki brush for expert blending. Lancôme Teint Idole Ultra Wear Foundation Stick, \$43; [lancome-usa.com](http://lancome-usa.com)



## MY PICKS

**REVLON COLORSTAY LIGHT COVER FOUNDATION** is my top lightweight drugstore buy. \$14; [revlon.com](http://revlon.com) ■ Skincare and makeup in one. **NARS PURE RADIANT TINTED MOISTURIZER SPF 30** \$45; [narscosmetics.com](http://narscosmetics.com) ■ A drop or two is like an Insta filter. **FENTY BEAUTY EAZE DROP BLURRING SKIN TINT** \$30; [fentybeauty.com](http://fentybeauty.com) ■ **MONIKA BLUNDER BEAUTY BLUNDER COVER** is concealer too. \$52; [monikablunderbeauty.com](http://monikablunderbeauty.com) ■





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## COLOR PORCH REFRESH

They might be outside, but just like indoor rooms, porches benefit from a thoughtful color scheme. The trick is to choose a palette—paint, furnishings, and potted plants—that coordinates with your home's exterior color while subtly telegraphing your style. If your front door is painted, think of it as an accent color. Remember that the porch and its palette make your home's first impression.

### easy upgrade

Drawing on his home's vibrant salmon shutters, designer Richard Keith Langham creates a focal point by grouping accessories in a color family—pale red-and-white-striped cushions around a deeper burgundy garden stool. Wicker furniture ties to the bark-color shingle siding.





## Important facts about FANAPT® (iloperidone) tablets

### PURPOSE

Fanapt® is a prescription medication used for the treatment of schizophrenia in adults.

Deciding to look at alternate medications is something your health care provider may do. Your health care provider needs to consider that Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). When taking other drugs that may cause this same change in heart rhythm, you are at a higher risk of a serious, even life-threatening medical issue (torsade de pointes), which may result in sudden death. In many cases, your health care provider may prescribe another medication like Fanapt® first.

Fanapt® needs to be taken as directed starting at a low dose and slowly increasing the strength. This may delay the control of symptoms in the first 1 to 2 weeks of treatment.

### IMPORTANT SAFETY INFORMATION BOXED WARNING:

**Elderly patients with psychosis related to dementia (having lost touch with reality due to memory loss and experiencing a decline in day-to-day functioning) who are treated with antipsychotic medications are at an increased risk of death compared to patients treated with a placebo. Fanapt® is not approved for use in people with dementia-related psychosis.**

Patients should not use Fanapt® if they have a known allergy to Fanapt® or its ingredients. Allergic reactions, including anaphylaxis, rapid swelling of the skin (angioedema), and other symptoms of allergy (e.g., throat tightness; swelling of the throat, face, lips, mouth and tongue; hives; rash; and itching) have been reported.

An increased risk of stroke has been reported in clinical studies of elderly people with dementia-related psychosis. Fanapt® is not approved for use in people with dementia-related psychosis.

Fanapt® may change your heart rhythm (meaning there is more time between heartbeats). Heart rhythm changes have occurred in patients taking Fanapt® and are a risk factor for serious, even life-threatening medical issues. You should tell your health care provider if you have or have had heart problems. Contact your health care provider right away if you feel faint or have unpleasant feelings of irregular or forceful heartbeats as any of these feelings could be a sign of a rare, but serious side effect that could be fatal. You should not use Fanapt® with other drugs that are known to cause these same heart rhythm issues.

Tell your health care provider if you have some or all of the following symptoms: very high fever, rigid muscles, shaking, confusion, sweating or increased

heart rate and blood pressure. These may be signs of a condition called neuroleptic malignant syndrome (NMS), a rare but serious side effect that could be fatal. This may happen with Fanapt® or drugs like it.

Abnormal or uncontrollable movements of the face, tongue, or other parts of the body may be signs of a serious condition called tardive dyskinesia (TD), which could become permanent. The chance of this condition going away decreases, depending on how long and how much medication has been taken. Tell your health care provider if you have body movements you can't control.

Fanapt® and medicines like it have been associated with metabolic changes (high blood sugar, high cholesterol and triglycerides, and weight gain) that can increase cardiovascular/cerebrovascular risks.

Tell your health care provider if you have diabetes or risk factors for diabetes (for example, obesity, family history of diabetes), or if you have unexpected increases in thirst, urination, or hunger. If so, your blood sugar should be monitored. Increases in blood sugar levels (hyperglycemia), which in some cases can be serious and associated with coma or death, have been reported in patients taking Fanapt® and medicines like it.

Changes in cholesterol and triglycerides have been seen in patients taking Fanapt® and medicines like it. Check with your health care provider while on treatment.

Some patients may gain weight while taking Fanapt®. Your health care provider should check your weight regularly.

Tell your health care provider about any medical conditions that you have including problems with your liver. Fanapt® is not recommended for patients with severe liver problems.

Tell your health care provider if you have a history of or have a condition that may increase your risk for seizures before you begin taking Fanapt®.

Light-headedness or faintness caused by a sudden change in heart rate and blood pressure when rising quickly from a sitting or lying position (orthostatic hypotension) has been reported with Fanapt®. This condition is most common when you start therapy, when restarting treatment, or when the dose of Fanapt® is increased. You should consult your health care provider if you have or have had heart problems or conditions that lead to these sudden changes since Fanapt® should be used with caution in these patients.

Fanapt® may increase the risk of falls, which could cause fractures or other injuries.

Decreases in infection-fighting white blood cells (WBCs) have been reported in some patients taking antipsychotic agents. Patients with a preexisting history of low WBC count or who have experienced a low WBC count due to drug therapy should

have their blood tested and monitored during the first few months of therapy. Some (including fatal) cases of agranulocytosis, a serious decrease in specific types of WBCs called neutrophils or granulocytes, have been reported in drugs like Fanapt®.

Fanapt® can increase the level of the hormone prolactin. Tell your health care provider if you experience breast enlargement, breast pain, or breast discharge, abnormal menstrual cycles in females or impotence in males. If elevated levels of prolactin persist, this may lead to bone loss.

Medicines like Fanapt® can impact your body's ability to reduce your body temperature. You should avoid overheating and dehydration.

Fanapt® and medicines like it have been associated with swallowing problems (dysphagia). If you have or have had swallowing problems, you should tell your health care provider.

As with many conditions that affect the way you think or feel, thoughts of suicide may occur. If you get these feelings, seek help immediately from your health care provider, or local emergency room.

For males, in the rare event you have a painful or prolonged erection (priapism), lasting 4 or more hours, stop using Fanapt® and seek immediate medical attention.

Fanapt® and medicines like it can affect your judgment, thinking, or motor skills. You should not drive or operate hazardous machinery, including automobiles, until you know how Fanapt® affects you.

The most common side effects for Fanapt® versus placebo were dizziness, dry mouth, feeling unusually tired or sleepy, stuffy nose, feeling faint/light-headed when standing quickly, racing heartbeat, and weight gain. The average weight gain in clinical studies lasting 4 to 6 weeks was 5 pounds. If you experience any of these symptoms, talk with your health care provider.

When taking Fanapt®, you should avoid drinking alcohol, and you should not breastfeed. You should notify your health care provider if you become pregnant or intend to become pregnant while taking Fanapt®. Tell your health care provider about all prescription and nonprescription medicines, and supplements you are taking. Some medications may interact with Fanapt®.

To access the full Prescribing Information, including BOXED WARNING, visit [www.Fanapt.com](http://www.Fanapt.com).

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Learn more about savings at [www.Fanapt.com](http://www.Fanapt.com).



# paint

A fresh coat of paint can take your porch from weather-worn to welcoming by reviving tired architecture or adding statement-making color to furniture. The color experts and BH&G Real Estate agents we polled agree: These nature-inspired neutrals are trending.

## CEILING

Traditionally called “haint blue” in the South, sky blue ceilings are thought to ward off wasps (and some say evil spirits too). ■ Patriotic White 2135-70 ■ Palladian Blue HC-144 ■ Blue Allure 771 (Benjamin Moore)

## ACCENTS

Small accent pieces are ideal for introducing bright color as designer Olivia Brock did, *right*. ■ Poppy Petal 2001-1C ■ Golden Promise 3003-1C ■ Chopped Chive 6006-8B (Valspar)

## FURNITURE

Aside from white and gray, blues and greens are the top colors the pros at BH&GRE are spotting on porches. ■ Dress Blues SW 9176 ■ Courtyard SW 6440 ■ Rural Green SW 6418 (Sherwin-Williams)

## FLOOR

Dark grays and warm browns are best at hiding dirt; if you’re a fan of light floors, a good power wash will perk them up. ■ Maple Glaze PPU3-16 ■ Shark Fin PP124-19 ■ Oak Creek HDC-AC-07 (Behr)

CHALK BLUES AND GRAYS COMPLEMENT PALE GREEN SIDING.

## READY, SET, PAINT

Before you start painting—architecture, furniture, or both—tick off these boxes.

**1 THE COLOR** It’s always a good idea to sample colors before you commit. Sherwin-Williams’ Sue Wadden recommends testing colors by painting 2-foot squares of poster board and comparing them next to your siding, trim, and front door.

**2 THE PREP** Clean and hose away grime. Sand the surface to get rid of any peeling paint and so the new coat will adhere. Protect the house by taping off edges. For wood, choose a primer that smooths splinters and fills cracks.

**3 THE PAINT** Buy exterior paint specified for porches, patios, decks, and floors. It’s formulated for high-traffic areas and will fight mildew, blistering, and UV damage. Bonus: It’s slip-resistant, which is a must for rainy days.



### PAINT WOOD FURNITURE

Hover your smartphone camera over this code to learn how to strip and paint wood furniture.



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# decorate

Outdoor living is all about comfort, and the most comfortable spaces feel in tune with their surroundings. Choosing colors that complement your home's architectural style and draw on the landscape is a tried-and-true way to establish a restful setting.



## ▲ COLOR INSPIRATION

If a color combo works in nature, it's a safe bet. Here, a pair of citrus topiaries sparked a palette of zesty greens and yellows repeated in symmetrical clusters for impact. Gray planters tie into the architecture.

## ► NEUTRAL FOUNDATION

Designer Charlotte Barnes doubled down on warm sandy tones for this coastal porch, even painting shutters the color of wicker. Removable pillow covers in mismatched boho patterns bring in brighter hues. ■

## OUTDOOR RUG

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westelm.com



## GARDEN VARIETY

Plants with vivid flowers or foliage enliven a porch and may inspire a color scheme.

### CHRYSANTHEMUM

Late-season blooms in strong hues.



### CROTONS

A shade-tolerant plant that can go indoors in winter.



### ASTERS

These perennials prefer a sunny spot; transplant in the garden before the ground freezes.





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# calming influence

Designer **Jacqueline Schmidt** shows how minimalist style and young kids can go hand in hand in a thoroughly modern family home.

Matching wood (oak for the floors, table, chairs, and sideboard) gives the dining room a calm feel on even its messiest day.



The Brooklyn home of Liza and Simon Isaacs is a picture of tranquility by design. They wanted to create a home that would be a restful place to unwind with their two young kids, Kaia and Sage, after work. To create that serenity, friend and interior designer Jacqueline Schmidt relied on a quiet, low-contrast color scheme with lots of natural wood. She steered the family toward materials that would last, especially for the high-touch spots like countertops and the dining table and chairs, which were made for commercial use. “Contract grade is more expensive, but worth it because they don’t get ruined,” Schmidt says. The extra time together at home during Covid put the calming aspect of the design to an extreme test, but Simon and Liza found that their family-friendly and clutter-proof home can handle anything.





# style MAKER

Better Homes & Gardens®

This May, *Better Homes & Gardens* hosted its 10th Anniversary Stylemaker Event in celebration of the May Issue. Held entirely virtually, the Stylemaker Event brought top lifestyle, entertaining, food, and home influencers together with our editors and contributors for an empowering experience packed with informative panels, engaging demos, and special sessions with *The Home Edit* and *Stylemaker* Issue cover stars, Jesse Tyler Ferguson and Julie Tanous. Guests honed their skills, made virtual connections with other creatives, and Instagrammed the days away!

From top left: Shaking up an Orange-Grapefruit Julie with Jesse Tyler Ferguson and Julie Tanous • The Home Edit solving real-life organizing problems in real time • Charleston-based event expert Blake Sams and the florals featured in his table setting session • *BH&G* Test Kitchen Pro Sammy Mila using Torani Caramel Sauce to show Stylemakers how to get the perfect food shot • The finished product of Greg Luna's food styling session sponsored by Boursin® Cheese • A moment of wellness meditation with Dr. Chelsea Jackson Roberts and TheraBreath • The beginnings of Stylemaker Racheal Jackson's super graphic mural created with Behr Paint • essie gel couture color and top coat featured in the Nailed It nail styling session with *BH&G* Beauty Editor Erica Metzger and celebrity nail artist Steph Stone



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Walls, ceiling, and trim in Decorator's White (Benjamin Moore CC-20) establish a seamless backdrop.



## defined zones

The position of the L-shape sofa, *left*, separates the entry area from the rest of the living room. Next to the front door, a slim console table has a drawer to hide the daily clutter of comings and goings, like keys and mail.

## natural references

Though the palette mostly sticks to pale neutrals, houseplants and nature-inspired artwork, *below*, introduce spots of stronger color. The landscape is by Simon's father, the painter Henry Isaacs.

## visual groupings

A low bookcase, *right*, stores books arranged by color to reduce visual noise. The hand-painted linen tapestry by Conejo & Co. looks organic and echoes the bookcase lines.

“Our kids were top of mind in every design decision, furniture choice, and art selection.”

LIZA ISAACS





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### soft tones

Liza and Simon's small bedroom, *left*, is soothing with an easy-on-the-eyes blush accent wall; the color weaves through the rest of the house. The pale gray outdoor fabric upholstery the bed resists fingerprints and fading.

### calming cues

The cloud-pattern wallpaper in Kaia's room, *below right*, is interesting but not overwhelming, and it's sophisticated enough to grow with her. The wall hanging brings in soft texture and dimension plus color.

### chill zone

A corner in the couple's bedroom, *far left*, is ideal for wind-down time. The curvaceous armchair envelops the sitter almost like a hug. The undulating lines of the large wall hanging by artist Sally England represent Liza's love of the ocean and Simon's love of the mountains.



»  
The fiber wall hanging is by textile artist Maryanne Moodie.







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# go with the flow

**CHANGE IT UP**

For a shape similar to this fountain grass, try blue oat grass, purple fountain grass, or pink muhly grass.

Rustling in the breeze and shimmering in the sun, grasses bring a quiet beauty to fall containers.

## THE PLANTS



**FOUNTAIN GRASS**

In fall, 'Hameln' produces fluffy, golden seed heads. Zones 5-9.



**DUSTY MILLER**

'Silver Brocade' grows quickly, so you may need to snip to keep it from taking over.



**ORNAMENTAL KALE**

The dark leaves bring a little moodiness and can handle a chill (frost enhances its color).



**LICORICE PLANT**

'Icicles' has needlelike foliage and can mound up to 20" wide and 16" tall.

**FULL CIRCLE**

With tall, arching plumes, fountain grasses make natural focal points in a pot. Play up a grass that has golden plumes through contrast, pairing it with plants that have cool-tone leaves, such as dusty miller and licorice plant, or more structured foliage like ornamental kale. Care: Full sun and moderate water.



## SIDE SHOW

Planted along the edge of a container, spilling grasses like this Japanese forest grass create a sense of abundance and movement. The chartreuse leaves, along with bright Swiss chard and pansies, bring cheer to a patio. Care: Part shade and moderate water.



### CHANGE IT UP

For similar forms, try 'Evergold' carex, variegated liriope, or prairie dropseed.

## — THE PLANTS —



### JAPANESE FOREST GRASS

'Aureola' can burn in too much sun; the plant prefers dappled light. Zones 5-9.



### PANSIES

The 'Solar Flare' variety (like all pansies) is edible, and deadheading keeps flowers coming, so pick some for salads.



### SWISS CHARD

Pluck leaves from 'Bright Lights' to eat, taking from different sections to keep the container looking balanced.

### [STYLE TIP]

Choosing muted, earth-tone containers keeps the spotlight on the plantings rather than the vessel.



**[END-OF-SEASON TIP]**

If a grass is hardy in your Zone, replant it in a garden bed while the soil is still workable. Otherwise, overwinter it in your garage.

**HIGH DRAMA**

A tall, upright grass like northern sea oats commands attention but can look lonely with too much empty space around it. Fill the container with a dense mix of plants that step up toward the grass and have contrasting colors and textures. Care: Full sun and moderate water.



**CHANGE IT UP**

For similar verticality, try zebra grass, 'Karl Foerster' feather reed grass, or 'Shenandoah' switch grass.

# THE PLANTS



**NORTHERN SEA OATS**

Unique seed heads supply its character; grows to about 3 feet tall. Zones 5-8.



**HEUCHERA**

The dark, rounded leaves of 'Plum Pudding' balance dainty elements.



**JUNIPER**

'Blue Star' can go into the ground after the other plants are spent.



**ASTERS**

Buy a plant covered with unopened buds to ensure the longest flowering time. ■





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let's go!

# ON THE ROAD

## 3 THINGS TO CONSIDER BEFORE YOU GO

Postpandemic travel continues to change. Keep these points in mind before you hit the road.

1

### RESERVATIONS ARE KEY

Many popular attractions—amusement and theme parks, national parks, zoos, aquariums, and museums—require reservations to maintain safe attendance levels.

2

### WHAT'S YOUR COMFORT LEVEL?

Venturing outside your social-distancing bubble can be stressful. Determine what will make you feel safe—accommodations with contactless check-in, outdoor dining—and plan accordingly.

3

### CHECK LOCAL GUIDELINES

Last summer's travel restrictions have loosened, but you'll still need to pay attention to local regulations. For domestic travel guidelines, visit [cdc.gov](https://www.cdc.gov).

Grab the cooler, gas up the car, and update Google Maps.

We're going on a road trip. Our guide will help you decide what to drive and pack, where to go and stay, and how to keep the kids from asking, "Are we there yet?"





Grill out  
s'more.



## WHAT TO DRIVE

If you don't want to drive your own vehicle, consider these options.

### RENTAL CAR COMPANIES

A shortage of rental cars (agencies whittled down their fleets last year) is expected to last through the year. Shop around and book early.

### CAR DEALERSHIPS

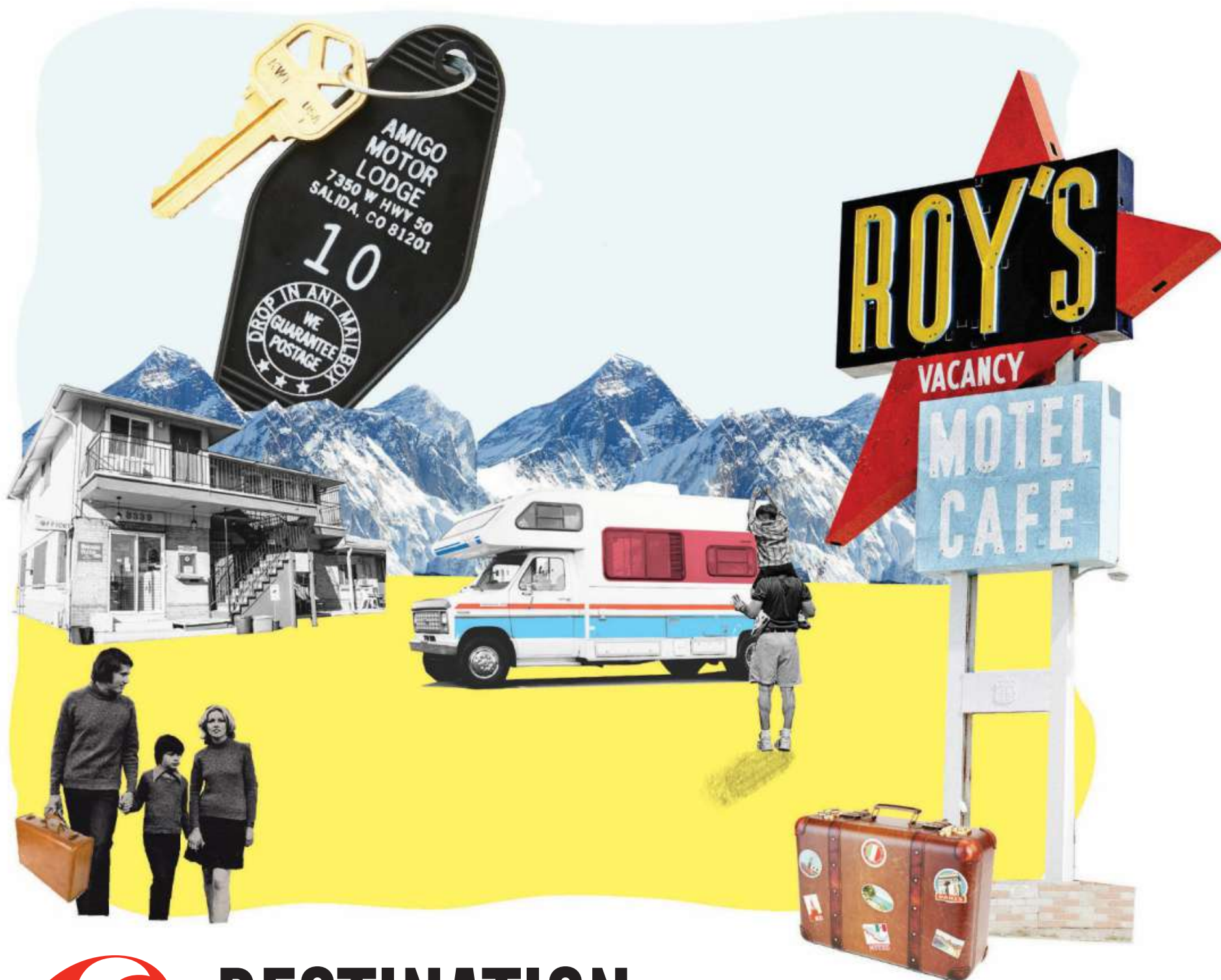
Car manufacturers, including Toyota, Nissan, Audi, and Subaru, offer rentals. (Expect a sales pitch on the side.) Check with your local dealership for availability.

### PEER-TO-PEER AND CAR SHARING

Car-sharing platforms, such as [turo.com](https://turo.com), [getaround.com](https://getaround.com), [availcarsharing.com](https://availcarsharing.com), and [drivekyte.com](https://drivekyte.com), allow private owners to rent their cars. Insurance coverage varies.

### RVS, VANS & CAMPERS

If you're a camp-lover or RV-curious, test one with a rental. **Outdoorsy.com** (the Airbnb of RVs) offers a full range of vehicles. [Rvngo.com](https://rvngo.com) specializes in one-way trips. [Rvshare.com](https://rvshare.com) has peer-to-peer rentals. [Gorving.com](https://gorving.com) is a great resource for general RV info.



## 6 DESTINATION-WORTHY MOTOR LODGES

These no-frill stopovers of the 1960s (when the U.S. Interstate System was developed) started trending a few years ago after many of them were updated and made over into hip, boutique hotels. The nostalgic destinations gained popularity during the pandemic because of their outdoor entries (no interior hallways).

**1 Calistoga Motor Lodge**  
Calistoga, CA  
([calistogamotor](https://calistogamotor)

[lodgeandspa.com](https://lodgeandspa.com)) A laid-back retro motel and spa in Napa Valley. Check out a bike and pedal to wineries along the Silverado Trail.

**2 Hotel McCoy**  
Tucson  
([hotelmccoy.com](https://hotelmccoy.com)) Family-friendly activities include an outdoor theater, firepits, saltwater pool, and on-site art gallery and bookstore.

**3 El Rey Court**  
Santa Fe  
([elreycourt.com](https://elreycourt.com)) Located on the original Route 66, this adobe-style hotel has 5 acres of gardens.

**4 Stonewall Motor Lodge**  
Stonewall, TX  
([stonewallmotorlodge.com](https://stonewallmotorlodge.com)) A popular stay for press during Lyndon B. Johnson's presidency, this lodge is in the heart of Texas wine, brewery, and rodeo country.

**5 Tourists**  
North Adams, MA ([touristswelcome.com](https://touristswelcome.com)) At this riverside retreat in the Berkshires, activities include guided hikes, swimming, yoga, and crafting classes on the 80-acre forest campus.

**6 Amigo Motor Lodge**  
Salida, CO ([stayamigo.com](https://stayamigo.com)) Stay in renovated rooms or one of five refurbished Airstream trailers in an artsy small town 7 miles west of Boulder.





This quiet moment is brought to you by nature.  
Also by FASENRA.

FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.\* It's only 1 maintenance dose every 8 weeks<sup>†</sup> and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

**FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.**

### IMPORTANT SAFETY INFORMATION

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - o swelling of your face, mouth and tongue
  - o breathing problems
  - o fainting, dizziness, feeling lightheaded (low blood pressure)
  - o rash
  - o hives

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothersbaby.org/fasenra](http://www.mothersbaby.org/fasenra).

\*Results may vary.

<sup>†</sup>The first 3 doses are given on day 1, week 4, and week 8.

- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

**Do not** stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

**The most common side effects of FASENRA include:** headache and sore throat. These are not all the possible side effects of FASENRA.

### APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.

**Please see Brief Summary of full Prescribing Information on following page.**

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# IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

## What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

**Do not use FASENRA** if you are allergic to benralizumab or any of the ingredients in FASENRA.

**Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:**

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting [www.mothertobaby.org/fasenra](http://www.mothertobaby.org/fasenra).
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

**Tell your healthcare provider about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

**Do not** stop taking your other asthma medicines unless your healthcare provider tells you to.

## How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.

- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed “Instructions for Use” that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**

- If you miss a dose of FASENRA, call your healthcare provider.

## What are the possible side effects of FASENRA?

**FASENRA may cause serious side effects, including:**

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

## The most common side effects of FASENRA

**include** headache and sore throat.

These are not all the possible side effects of FASENRA.

Call your doctor for medical advice about side effects.

You may report side effects to FDA at 1-800-FDA-1088.

## How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

## What are the ingredients in FASENRA?

**Active ingredient:** benralizumab

**Inactive ingredients:** L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20,  $\alpha,\alpha$ -trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.

Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at [www.fasenra.com](http://www.fasenra.com).

FASENRA is a registered trademark and FASENRA Pen is a trademark of the AstraZeneca group of companies.

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11/19 US-30267

For more information, visit **FASENRA.com**  
Or call **1-800-236-9933**

 **Fasenra**<sup>®</sup>  
(benralizumab) Subcutaneous  
Injection 30 mg

AstraZeneca 



# PRO TIPS

Travel experts share strategies for a successful trip.

## VISITING NATIONAL PARKS

"Even with the most popular parks, the second you walk a mile down a trail, the crowds slip away. People stop in the parking lot, take pictures, and move on. If you're willing to walk a little farther, you have a whole different experience."

—CONOR KNIGHTON, *Leave Only Footprints: My Acadia-to-Zion Journey Through Every National Park* (Crown Publishing)

## SLOWING DOWN

"Deliberately doing less while traveling makes room for accidental discoveries, serendipity, surprise—

the things that make the most lasting impressions."

—JERALYN GERBA AND PAVIA ROSATI, *Travel North America: (and Avoid Being a Tourist)* (Hardie Grant)

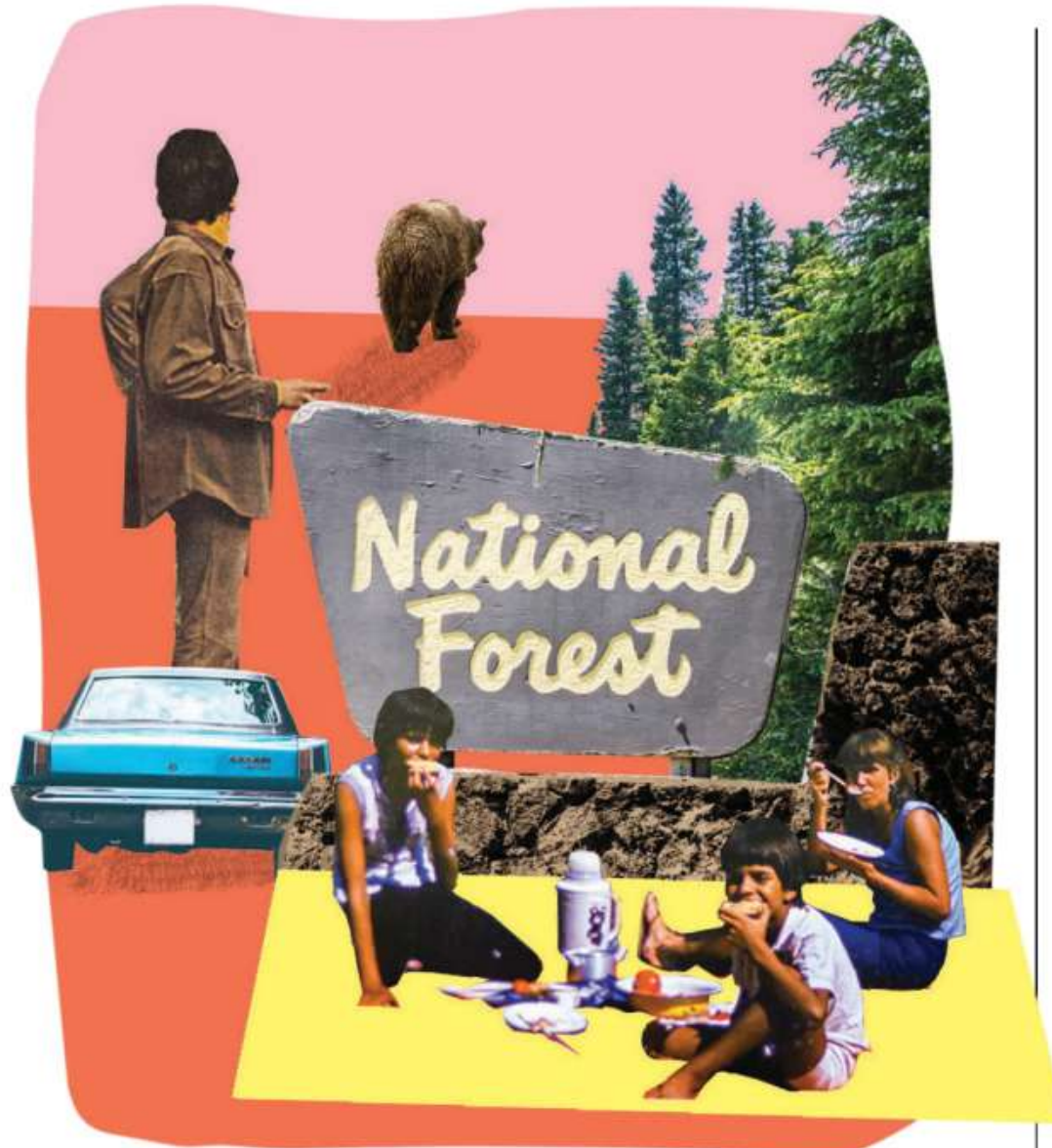
## CHOOSING A DESTINATION

"Don't limit your road trip vacation to ones that start directly from your driveway. There are so many more options when you allow yourself to fly to a road trip route starting point."

—ROB TAYLOR, *The Road Trip Survival Guide* (Tiller Press)

## TRAVELING WITH KIDS

"When you involve kids in the trip-planning process, you increase their investment in the trip overall. Traveling with kids requires a bit of flexibility and the ability to roll with the punches. They're more willing to do that



with you when it feels like their trip too. Let them scroll social media for inspiration, watch YouTube videos featuring other kids, and visit the library for books featuring the destination."

—MONTAYA HUDSON, *thespringbreakfamily.com*

## ENGAGING TEENAGERS

"Teens need more downtime than

younger kids (which seems counterintuitive). Younger kids are wide-eyed and eager to take it all in, whereas teens are a little more reluctant; they need time to stay connected to their friends at home, whether it's through texts or social media."

—TAMARA GRUBER, *we3travel.com*

# 9

## APPS FOR LOCATING...

### EN ROUTE ESSENTIALS

#### GasBuddy

compares gas prices. **Flush-Toilet Finder** locates public restrooms.

Use **PlugShare** to find charging stations for electric cars. **Honk** for on-demand roadside assistance (no membership required).

**BringFido** identifies pet-friendly hotels, restaurants, and attractions.

### OUTDOOR ACTIVITIES

Book campsites in national and state parks you find on

**ReserveAmerica**.

Use **AllTrails** to map out hiking, biking, backpacking, and wheelchair-friendly routes.

**Star Walk 2** and **Night Sky** both use GPS to identify stars and figure out what constellations you're looking at.



*are we there yet?* Keep kids entertained with these boredom-busters. ■ **HEARHERE** Location-based app with audio stories (narrated by Kevin Costner) tailored to your route and interests, including colorful characters, history, sports. \$36/year; *hearhere.com* ■ **PAST AND CURIOUS** Podcast of playful, humorous stories about little-known historical people and events. Free; *thepastandthecurious.com* ■ **BRAINS ON!** A science podcast for families with topics like "Fire vs. Lasers" and "All About Farts." Free; *brainson.org* ■ **AUTO BINGO**, left. \$10 for four cards; *amazon.com*







Great  
taste.  
Heart  
Healthy.\*



## TRAVEL-SAVERS

Gear you'll be glad you packed.

**1** The **Igloo Hard Liner Cooler** has an easy-access hatch on top and holds two dozen 12-ounce cans. \$36; [igloocoolers.com](http://igloocoolers.com)

**2** Noise-cancelling Bluetooth headphones for breaks from family time. **ZVox AV50**, \$60; [zvox.com](http://zvox.com)

**3** Antibiotic ointments, hydrocortisone creams, ibuprofen, and assorted bandages for the inevitable cuts and scrapes. **Welly Excursion Kit**, \$40; [getwelly.com](http://getwelly.com)

**4** Biodegradable, chemical-free, soap-and-water towelettes. **Handzies**, \$13 for a 24-pack; [handzies.com](http://handzies.com)

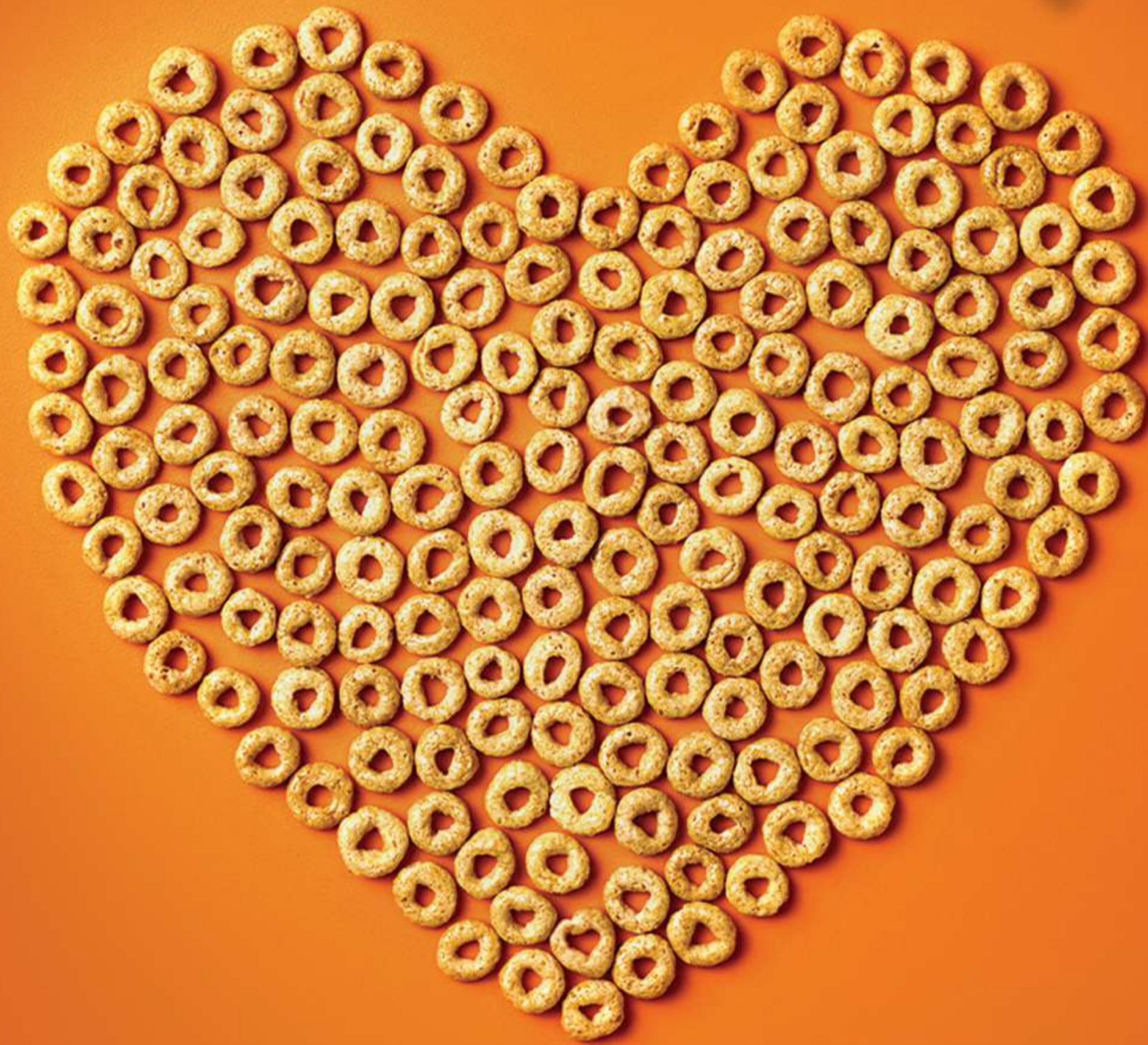
**5** This 20-ounce tumbler with a spill-proof lid keeps drinks cold (or hot) all day. **Yeti Rambler**, \$30; [yeti.com](http://yeti.com)

**6** Aromatherapy for the car. **Votivo Aromatic Vent Clips**, \$10; [votivo.com](http://votivo.com)

**7** Keep essentials like phones, cords, and maps handy and out from underneath the seat. **Trend Lab Felt Caddy**, \$15; [target.com](http://target.com) ■

PHOTOS: JACOB FOX





Nice home. Nice garden.  
You deserve a nice  
heart-healthy breakfast.

\*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.





## i did it!

A do-it-yourselfer transformed her neglected closet into a **crafting command center** without using a tool belt. She kept the installation simple using freestanding furniture and stick-on wall organizers.



## BEFORE



The remedy for Tiffany DeLangie's "dumping ground" started with a new job title. She promoted the guest room closet in her Raleigh home to a craft supplies station—one that's removable in case she wants a standard closet again someday. Tiffany's to-do list: Clear out clutter, remove (and store) the doors, replace a wire shelf with a melamine one, and refresh the walls with leftover paint. A bookshelf and dresser, along with boxes, baskets, and bins, cost about \$500. Command wall organizers, which come with adhesive mounting strips ([command.com](http://command.com)), form a handy display.

**After the cleanup, the new space came together in a week.**

*Show us what you made*

Send photos of you with your latest project to [IDidIt@meredith.com](mailto:IDidIt@meredith.com) and post on Instagram with our #BHGI DidIt hashtag.





Cherry Taupe 1005-10A



Autumn Russet 2009-6



Ginkgo Tree 5006-4B



# IF IT'S PAINTABLE, IT'S POSSIBLE.

Whether you're accenting it, tri-toning it, or doing the unexpected, visit [Valspar.com](https://www.valspar.com) for the colors and tools to make your vision a reality. **You make it happen, we make it possible.**







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**Cat Chow**  
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Your Pet, Our Passion.®

home/i did it



## MEET TIFFANY

She aims to inspire family-friendly, budget-wise design with her *Pretty Real* blog projects.

### WHY I DIY

"My DIY journey began because I was picky and had a limited budget.

But I also love creatively solving problems and bringing my vision to life."

### BEST DIY SKILL

"Being willing to fail.

DIY always has twists and turns, but if you just try, most of the time it works out beautifully. And even failures help you learn and become more proficient."

### FAVORITE TOOL

"Hands down, a paintbrush. I will never get over how paint can transform anything."

### EVERY HOME NEEDS

"Something custom. Adding something that fits your home's awkward or wasted spaces and the unique ways your family uses them makes all the difference in making it feel like yours."



# WHAT SHE DID

Tiffany focused on dividing then subdividing her supplies for painting, paper crafts, and gift wrapping to give everything a designated spot.



## 1 BIN SORTERS

Fabric bins (these are Hoonex Cube; [amazon.com](http://amazon.com)) are smart for hiding assorted supplies. Tiffany made dividers to keep the bins from becoming a messy jumble. She cut slits in two pieces of plastic corrugated board from the crafts store and assembled them into an X shape.

## 2 WALL STORAGE

Adhesive-back wall organizers maximize the

space above the dresser. Crafting tools hang from hooks, paint and glue line up in clear caddies, and a picture ledge holds ready-to-paint canvases. An LED lamp (Firefly; [lampsplus.com](http://lampsplus.com)) runs on a built-in rechargeable battery.

## 3 BONUS SPACE

To utilize even closet corners, a fabric laundry hamper fills a sliver of space next to the dresser; the structured rectangular hamper holds rolls of wrapping paper.

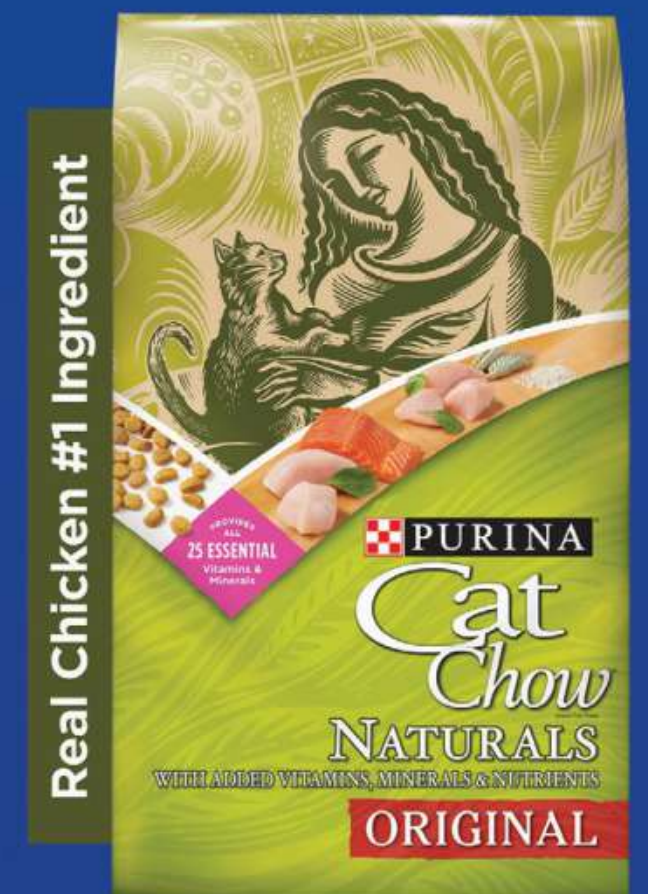
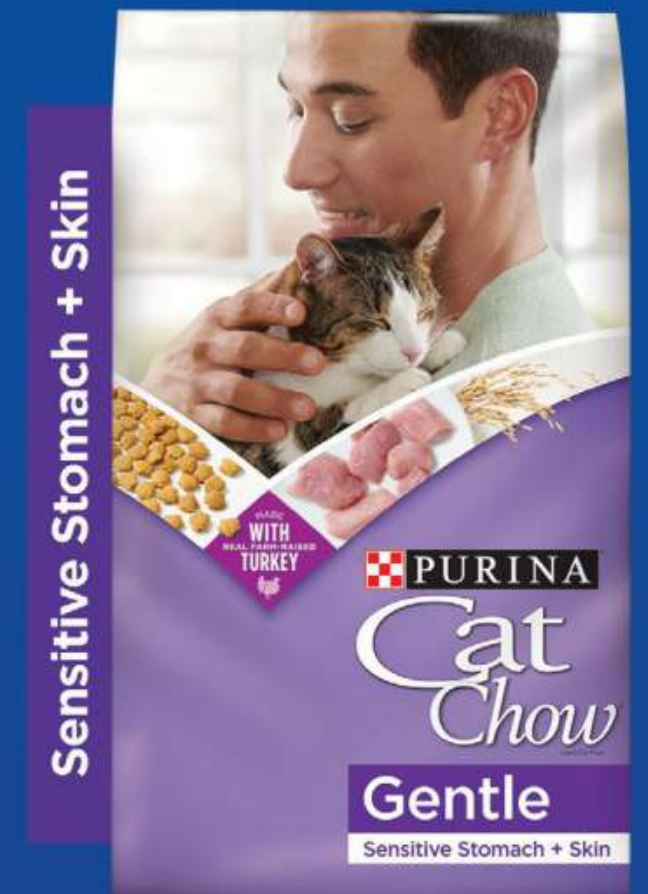
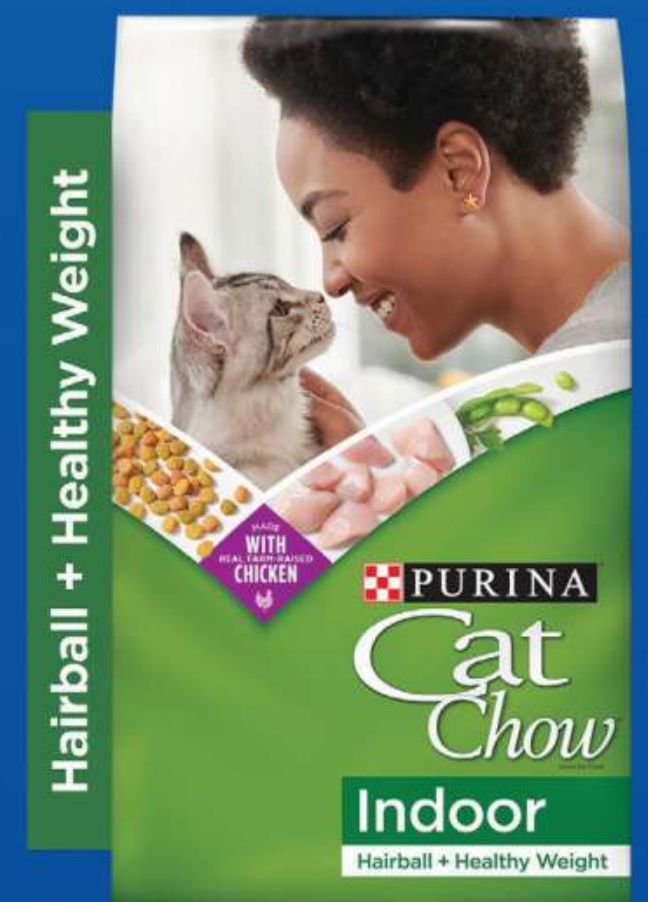
More wall hooks keep gift bags neatly visible and within reach. Tiffany simply clears the dresser top to wrap gifts.

## 4 DRAWER INSERTS

Tiffany can see supplies in the dresser drawers at a glance. She outfitted the top drawer with a series of containers (Room Essential Storage Trays; [target.com](http://target.com)) to hold small items. Stacks of paper, paper punches, and other supplies fill the bottom drawers. ■

BUYING INFORMATION: [BHG.com/Resources](http://BHG.com/Resources)

**PURINA**  
**Cat Chow**



MADE WITH  
REAL CHICKEN, TURKEY,  
OR SALMON



FAMILY MEALS

## DINNER'S READY

After having kids, food writers Meghan Splawn and Stacie Billis searched for a resource that was honest about the very real pressures caregivers face feeding their families. When they couldn't find a community where overwhelmed parents felt as welcome as those who revel in turning school lunches into edible art, they launched the podcast *Didn't I Just Feed You*. The 800k downloads as of this month suggest they aren't the only parents hungry for meal solutions. We asked Stacie and Meghan to share a few of their strategies for getting dinner on the table tonight.

**SALAD BAR**  
Two diner staples—chicken & waffles and Cobb salad—in one self-serve dinner.



**\* DIDN'T I JUST FEED YOU?** Stacie (on the left) and Meghan are professional cooks with 20+ years of collective experience working in test kitchens, at food publications, and on television. Meghan lives in Chattanooga with her husband and two kids; Stacie, her husband, and their two boys live in Brooklyn. The duo met over drinks at a conference in 2019 and started *Didn't I Just Feed You* the following week.





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**TRUSTED**  
**COOKBOOKS**  
SINCE 1930

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& Gardens.

17TH EDITION

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FOR GENERATIONS  
OF COOKS

FEATURING 1,000  
RECIPES  
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FULLY UPDATED  
AND  
REVISED

BRAND-NEW  
FORMAT



# DECONSTRUCT DINNER

As moms, we contend with as many different appetites as people around the table. Between our picky little ones and vegetarian teens, it can feel nearly impossible to feed everyone without being a short-order cook. Deconstructing recipes—like this riff on Cobb salad—means we cook one meal and serve the components separately. Everyone sits down as a family, and kids have agency to try what they want—no pressure.



## CHICKEN & WAFFLES COBB SALAD

Frozen chicken tenders and mini waffles make it easy to pull off this mash-up of restaurant brunch and diner salad favorites. Just add lots of veggies and a quick homemade vinaigrette.



## A FEW TIPS & TRICKS

### \* INVEST IN SHEET PANS

Sheet pans provide an easy way to cook and parse out ingredients. Imagine each sheet pan has quadrants to hold (and/or serve) ingredients separately without dirtying multiple bowls (and keeping those carrots separate for your picky eater).

### \* SERVE IT UP FAMILY STYLE

One of the perks of deconstructing dinner is not having to assemble everything yourself. Set out all the components and let eaters build their own meal.

### \* EMBRACE SAUCES

Everyday sauces (ranch dressing, peanut sauce, etc.) can dress up even the most ho-hum of menus. Bonus points for multipurpose sauces: Our Maple Vinaigrette (recipe, page 97) can be used to marinate veggies, glaze pork, or jazz up a sub.





JUST AS MUCH  
IS SAID ON THE PLATES  
AS OVER THEM.



MADE WITH MILK FROM GRASS-FED COWS  
THAT GRAZE ON THE LUSH PASTURES OF IRELAND.



# UP YOUR "FOOD JOY" QUOTIENT

To take the drudgery out of dinnertime, inject a bit of what we call food joy. The idea is to emphasize the connections made around the table and have some fun with the meal. So on occasion, we throw out our usual rules (like eat your veggies before dessert) to break out of the "chore" mind-set.

## BREAKFAST-FOR-DINNER BOARD

The snack board idea works well for meals too. Nestling our Shortcut Sugar Buns (recipe, page 97) and fruit with Nutella next to jammy eggs, sausage links, and bacon makes this dinner feel like a special treat. Bagel chips and veggies with cream cheese round out the spread.

## A FEW TIPS & TRICKS

### \* SERVE A BOARD MEAL

Serve lunch, dinner, or brunch on an oversize cutting board or tray. Here, it's a Breakfast-for-Dinner Board, but you can use the same setup to serve tostada fixings, mini sandwiches, a hot dog bar, etc.

### \* MAKE IT A THEME NIGHT

Our family favorites are Eat Dessert First Night and Kids Make Dinner Night.

### \* TIE IN SCHOOL LESSONS

During Earth Week, consider a few nights of meatless meals or make a menu based on the week's geography lesson.

RECIPES  
BEGIN ON  
PAGE 95.



“PUT IT IN THE  
— SKILLET —  
AND COOK IT.”

*Jimmy Dean*



TODAY'S YOUR  
DAY TO  
*Shine on*



**CHICKEN  
MEATBALL  
& ZOODLE  
SOUP**

## EMBRACE THE SUPERMARKET SHORTCUT

When in doubt, hit the store. We're all about premade sauces, battered fish, rotisserie chicken, frozen meatballs, canned refried beans, etc. Make it easy on yourself, take advantage of some purchased items, and ditch the guilt! Here are a few of our favorite dinners that start with a little help from the grocery aisles.

### \* **CHICKEN MEATBALL & ZOODLE SOUP**

Simmer frozen (cooked) chicken meatballs, sliced celery and carrots, cooked ramen noodles (discard seasoning packet), and zucchini noodles with chicken broth. Finish with a splash of lemon juice for brightness.

### \* **NOODLE BOWL**

Pile cooked rice noodles with shredded chicken, matchstick carrots, leaf lettuce, and fresh herbs. Finish

with peanuts and sweet chili sauce or a quick Vietnamese-inspired vinaigrette (fish sauce, rice wine vinegar, lime, and soy sauce). Serve with limes.

### \* **GREEK NACHOS**

Dollop hummus over purchased or homemade pita chips and top with cucumber, red onion, Kalamata olives, feta, and cooked ground beef or lamb. Dust with za'atar if you like. ■

**NOODLE  
BOWL**

**GREEK  
NACHOS**



MADE FOR  
THOSE  
WHO LOVE  
CINNAMON  
ROLLS.

SO, EVERYONE.





# easy pan pizza

Purchased (or premade) pizza dough, a quick sauce, and a press-in-pan technique mean homemade pizza is only an hour away.

## GRANDMA-STYLE PIZZA WITH CAPOCOLLO & FENNEL

HANDS-ON TIME 25 min.

TOTAL TIME 1 hr.

- 2 Tbsp. tomato paste
- 2 Tbsp. dry red wine
- 1 14.5-oz. can diced tomatoes, undrained
- 1 tsp. fennel seeds, crushed
- 1 tsp. dried oregano, crushed
- ½ tsp. garlic powder
- 1 lb. purchased pizza dough or ½ recipe Homemade Pizza Dough (recipe, right)
- 8 oz. mozzarella cheese, shredded (2 cups)
- 2 to 4 oz. thinly sliced capocollo
- 1 medium bulb fennel, trimmed, cored, and thinly sliced

**1.** For sauce, in medium saucepan heat 1 Tbsp. *olive oil* over medium. Add the tomato paste; cook and stir 2 minutes. Add red wine; cook and stir 1 minute. Add tomatoes, fennel seeds, oregano, and garlic powder. Bring to boiling; reduce heat and simmer, uncovered, about 5 minutes or until thickened. Season with *kosher salt* and *ground black pepper*; cool 10 minutes.

**2.** Meanwhile, preheat oven to 425°F. Place an oven rack in the lower third of the oven. Grease a 15×10×1-inch baking pan. On a lightly floured surface, roll dough into a

15×10-inch rectangle; place in baking pan and stretch to fit, pressing dough up the sides and letting it rest as needed.

**3.** Spread sauce evenly over dough. Sprinkle with mozzarella cheese. Arrange capocollo over cheese. Top with sliced fennel and drizzle with 1 Tbsp. *olive oil*. Bake 25 minutes or until the cheese and crust are lightly browned. Cool 10 minutes before serving. Serves 6.

### ■ HOMEMADE PIZZA DOUGH

In an extra-large bowl combine 1¾ cups **lukewarm water** (105°F to 115°F) and 1½ tsp. **active dry yeast**; let stand 5 minutes or until yeast is foamy. Stir in 4½ cups **all-purpose flour** and

2 tsp. **kosher salt**. (Dough will be shaggy.) Turn out onto a lightly floured surface. Knead until smooth and elastic, about 3 minutes. Place in a well-greased bowl, turning to grease surface of dough. Cover with plastic; let rise at room temperature until double in size, 1½ hours. Punch dough down. Shape into two balls. (If not using dough right away, cover and chill up to 2 days.) Makes two 1-lb. portions of dough.

**PER SERVING** 401 cal, 15 g fat (5 g sat fat), 28 mg chol, 1,036 mg sodium, 44 g carb, 3 g fiber, 5 g sugars, 19 g pro ■



"Grandma-style" pizza hails from Long Island, NY, and is known for its simple, home-style prep and shape.



# DISCOVER THE JOY OF PIZZA

with the new  
OONI KARU 16 OVEN



Where does this perfect food come from?

A dinner everyone can agree on.  
Pure magic when it shows up at the table.

How do you harness this pizza love  
and make it your own? Now with the  
Ooni Karu® 16 Multi-Fuel Pizza Oven,  
creating delicious pizza at home has  
never been easier. The Ooni Karu® 16  
preheats from zero to 950°F in just  
15 minutes and you can bake large  
pizzas in as little as 60 seconds.

Cook with wood and charcoal or  
add our gas burner for a simple  
maintenance-free approach.

Our oven has a taller cooking area,  
more fuel-efficient air flow, increased oven  
insulation and better visibility. It's the first  
domestic pizza oven certified by the  
Associazione Verace Pizza Napoletana—  
the body that wrote the rule book on  
creating true Neapolitan pizza.  
It's the oven that will fuel your pizza  
journey long after the fire dies down.



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## vintage charm

Dre Towey  
(at the baby grand  
piano she found  
at a garage sale)  
fell in love with this  
Rowayton, CT, house,  
*opposite*, built in  
1883 for oystermen.  
Dre mulches her  
flowerbeds with shells  
as an homage.



# all the right notes

COLOR, JOY, AND HANDMADE  
TREASURES FILL ART EDUCATOR AND MUSICIAN  
DRE TOWEY'S HOME. BUT THE PORCH IS WHERE  
THE ACTION IS—AND THE MUSIC.



## local color

A Moroccan rug and deep blue sectional anchor the living room. Dre likes to put at least one element of saturated color in every room.

Here it's a taxi-yellow side table from CB2 and her multicolor painted guitar case.

A RAINBOW OF THREAD SPOOLS COMBINES IN A FUNKY WREATHLIKE PIECE OF ART.



### PRO TIP

GET A RUG BIG ENOUGH THAT AT LEAST THE FRONT LEGS OF ALL THE SEATING LAND ON IT.







Thanks to its narrow streets lined with the kind of classic architecture that gives coastal New England much of its character, and the fact that the water is never more than a short stroll away, Rowayton, CT, is a village long on charm. Dre Towe's eclectic Victorian house, where she raised her three now grown children, fits right in.

Creative energy rules the house. An art educator and self-described kindie rocker who has recorded five albums of children's music, Dre fell in love with the property—and its rare vintage barn and wide lawn—when her children were young and needed more space than their New York lifestyle allowed. “There was cat litter everywhere and ticking clocks. It was really musty. But everything else,” she says, “was so cool.”

An original staircase with turned balusters, stained-glass windows, and an old industrial Garland stove were all selling points. After living there nine years, they remodeled to widen doorways, remove walls, and install wide-plank oak floors with a gray wash that makes them look almost Scandinavian.

Dre added an artist's flair to the old bones of the interiors, placing a quirky mix of flea market and new furniture and a moment of big color in every room. There's a modern glassware collection and a Fiesta orange hood over the range in



WINDOW  
FRAMES PAINTED  
FARROW & BALL  
ALMOST BLACK  
MIMIC IRON.



the kitchen, a red lacquered door to the mudroom, persimmon dining chairs, and glossy black paint on the stairwell just inside the front door.

Collaborative paintings by the kids at JAM ([jamstudioc.org](http://jamstudioc.org), the nonprofit art studio Dre founded as a creative haven for young artists in need) appear throughout the home, along with guitar cases, skateboards, and other signs of an active, artistic family.

Added in 2015, the wraparound porch is where Dre's modern country aesthetic is most apparent. She considers it the heart of the house, where the family spends good-weather days reading, visiting, and playing

## orange crush

Orange chairs and textiles on the daybed stand out against the black-and-white cloud wallpaper from Anthropologie in the dining room, above.

The basket light fixture reminds Dre of a shellfish bucket, a nod to the nearby ocean.







#### [COLOR THEORY]

White walls and black accents create a backdrop for intense shades like orange, yellow, fire-engine red, and apple green.



#### material mix

Exposed beams, subway tile with gray grout, and metal Tolix stools give the kitchen, *above*, a slightly industrial feel, while natural wood shelving and a bright orange range hood keep the look inviting. Orange reappears in the butler's pantry, *left*, where Dre stores glassware (and dog Indiana Jones' water bowl).

#### chalk talk

Chalkboard paint makes the barn door, *opposite bottom*, a canvas for son Emmet's impromptu art.





CANS OF  
LOCAL  
BREWS ARE  
ARTWORK  
ON THE  
TABLE.



## keep it simple

With the outdoors as the setting, Dre can relax about party decor. She tops each table with a burlap runner and fills pitchers with garden flowers, *left*. Snacks are also low-key. She sets out popcorn, nuts, crackers, and candies, *below*, and lets guests fill individual paper containers.



## winning entry

Dre was careful to preserve many of the special features of the house, like the stained glass in the back door, *right*, while adding personality, like the glossy red paint and quirky cow artwork.



“

It feels good to chat with people as they stroll by the porch. Sometimes it's just a wave, but often it turns into a conversation.

”

DRE TOWEY





DRE AND HER  
BAND, THE  
BEARDED LADIES,  
TAKE THE STAGE,  
AKA DRE'S SIDE  
PORCH.



music. It's also the inspiration, and one of the locales, for Porch Jam, a series of live concerts Dre stages in yards around town to raise funds for her nonprofit.

Dre started her career teaching art in New York but didn't discover her love of music until a friend asked her to sing backup and make monkey sounds for a recording. That led to playing in a band, recording kids music, and rocking out on her porch on a regular basis.

"Playing on an outdoor stage like that is magical," Dre says. It's a celebration of art, music, and family—like her colorful and creative home. ■

## reserved seating

When Dre hosts a Porch Jam concert at her house, she sets up her collection of biergarten tables in the side yard, *above*. A galvanized tub of canned drinks on ice, *left*, is at the ready for friends and neighbors to help themselves.



A woman with long dark hair, wearing a blue patterned shirt and gold jewelry, is smiling and pouring red chilies from a metal scoop into a large metal wok. The wok is hanging from a metal frame. In the background, there are shelves stocked with various canned goods in a grocery store.

# spice of life

**PEPPER TEIGEN'S** FAMILY LOVES HER COOKING SO MUCH THAT EVEN WHEN THEY TRAVEL, SHE PACKS A WOK. PEPPER'S FIRST COOKBOOK IS LIKE HAVING HER—AND HER WOK—IN YOUR OWN KITCHEN.



## CHICKEN CASHEW NUT

"I learned to make this dish back in Thailand," Pepper says. Her trick is shallow-frying the cashew nuts and chile peppers first. "It gives the best crunch and roasted flavor."

if

you ask Pepper Teigen why she decided to write her book, *The Pepper Thai Cookbook: Family Recipes from Everyone's Favorite Thai Mom*, she doesn't hesitate. "Oh, because Chrissy made me do it," she says with a big laugh. "She loves all of my food but gets so annoyed with me that I can't tell her a recipe. The way I cook is a little bit of this, a dash of that. Chrissy wanted me to write it all down exactly."

Chrissy is, of course, Chrissy Teigen—Pepper's daughter, model turned culinary celeb, and cookbook author. Growing up, Chrissy was Pepper's eager assistant chef, wrapping fresh spring rolls by the hundreds, tossing together sweet and spicy stir-fry dishes, and slow-simmering the garlic- and ginger-laden rice porridge (Jok Moo) that both mom and daughter love for breakfast. "In the kitchen, I taught Chrissy everything she knows," says Pepper, with a sly giggle that suggests she's only half joking.

Pepper, in turn, learned from her mother—"the best cook of all time," in Pepper's estimation—who worked in the school cafeteria in Korat, Thailand,



"If I have fish sauce, chiles, garlic, and sugar, I can create traditional Thai flavor."



\*  
PEPPER MAKES HER THAI CHILI JAM (NAM PRIK PAO), BUT YOU CAN PURCHASE THE SPICY SWEET-AND-SOUR CONDIMENT.





Use leafy, thin-stemmed Chinese broccoli, or gai lan, for a more authentic Thai beef stir-fry.



### LUNA'S BROCCOLI AND BEEF

Traditionally, this tasty combo is made with Chinese broccoli, but because her family loves the Western tree-shape variety so much, Pepper adapted the recipe. Luna will devour it even if Pepper omits the beef.

where Pepper was born and raised. “From the time I was very young, I was going with my mom to the market before the sun was up, chopping vegetables, and peeling so many, many papayas,” she says. Decades later, after she moved to the United States, Pepper put that early training to good use, working the stove at her then husband’s tavern in Snohomish, WA, where she enticed the locals’ taste buds with Thai flavors like lemongrass, fish sauce, coconut milk, and, of course, chile peppers. “It was the customers at the bar who gave me the name Pepper,” she says. (Her given name is Vilailuck.) “Everything I made for them was so spicy—even the spaghetti.”

Pepper still feels most at home in the kitchen, where she finds joy cooking for Luna and Miles, the children of Chrissy and her husband, musician John Legend. She lives with them in L.A., tending her garden full of Thai basil, lemongrass, and chiles, and serving the fried rice, chile chicken wings, and garlic ribs the kids frequently request. They all travel together as well, and no matter where they go, Pepper is ready to dole out grandma love in the form of homey Thai meals. “I pack my sauces and bring everything with me,” she says. “Even when we are in another country, the kids like my food. They really love it.” And who could blame them?



LUNA LOVES TO COOK WITH PEPPER, WHO MAKES UP LITTLE GAMES TO PLAY IN THE KITCHEN.





## STICKY CARAMELIZED SHRIMP LETTUCE WRAPS

The *sticky* part comes courtesy of Vietnamese fish sauce caramel, made by cooking down the umami-packed liquid with brown sugar to form a syrupy glaze.

PREPORTIONED  
AND PORTABLE,  
THESE WRAPS  
OFTEN SHOW  
UP ON PEPPER'S  
PARTY MENUS.



## roasted > CHILE POWDER

Pepper prefers to make her own chile powder and sees it as essential for adding both earthy notes and heat to her shrimp wraps. She recommends Thai, árbol, or japones chiles. Toast them until dark reddish brown, then let them cool completely before grinding with a mortar and pestle or spice grinder.







## EASY WOK-FRIED GREENS

Mixed leafy greens in a sweet-salty-spicy sauce show off Pepper's favorite pan. "In a big, hot wok, it takes less than five minutes for the vegetables to get tender, but they keep a crisp bite," she says.





## PAD MAMA

You've no doubt heard of pad Thai, but in Thailand kids love pad Mama, which is made with the Mama brand of instant noodles. Pepper doctors hers with fresh veggies, pork, oyster sauce, and soy, seasoning it with the flavor packets at the end.



## Let's Talk Woks

"Even with all of the fancy kitchen appliances out there, all I really need is my knife and my wok," says Pepper, who dedicated an entire chapter in her book to how much she adores the traditional pan.

### WOK BASICS

If you're looking to buy your first wok or upgrade that 1970s electric wok, consider our Test Kitchen's helpful tips.



#### \* ROUND BOTTOM

The concave shape distributes heat evenly, which supports quick cooking. Traditional woks were designed for hearth cooking with a round bottom that fit into a hole over an open flame. This shape wok can be used on gas ranges as long as you use an aluminum wok ring to hold the pan steady.



#### \* FLAT BOTTOM

The Westernized flat bottom is practical for most American

home cooks. The stable shape works on any type of burner. Because there is direct heat from the burner, keep food moving quickly with a wide spatula or wooden spoon to prevent overcooking.

#### \* LOOK FOR CARBON STEEL

This sturdy, relatively lightweight material heats up and cools down quickly, which is essential for stir-frying. It is durable and nonstick when well-seasoned. If you don't want to undertake the seasoning process (which involves oiling, heating, and cooling the pan several times to impart a slick surface; see page 94), look for a preseasoned one.

#### \* THINK BIG

A 14-inch wok is ideal. It's big enough to prevent ingredients from popping out without being unwieldy.

#### \* SKIP THE SOAP

Once a wok is seasoned, avoid washing it with

detergent, which can strip the coveted stick-proof finish. Instead, let it cool completely (washing a hot wok can cause it to warp), then scrub it with hot water and a brush or sponge. Stubborn sticky spots can be scoured with a mix of kosher salt and a few drops of oil. After cleaning, dry the pan completely by heating it briefly on the stove, then use a paper towel to rub on a thin layer of oil to maintain the surface.

### WOK COOKING

A wok is a versatile tool—you can use it for deep-frying or steaming—but stir-frying is the most common use and ideal for anyone new to wok cooking. Follow these hints for success.

#### \* USE OIL THAT TAKES HIGH HEAT

Because stir-frying requires medium to high heat, you need an oil with a high smoking point. Vegetable, peanut, and soybean oils are well-suited.



#### \* PREP

Stir-frying happens quickly, so it's important to have all ingredients chopped and measured in advance. Place ingredients close to your cooking area.

#### \* IN ORDERLY FASHION

Typically, ingredients are added in a particular order: oil, followed by aromatics (garlic, onion), meat, and finally vegetables.


#### \* DON'T CROWD

To ensure crisp-tender seared veggies, make sure they're thoroughly dry before they hit the heat and avoid overcrowding the pan. Having too many veggies at one time promotes steaming instead of searing. If you need to double a recipe, cook the dish in two batches (rather than crowding the pan). ■



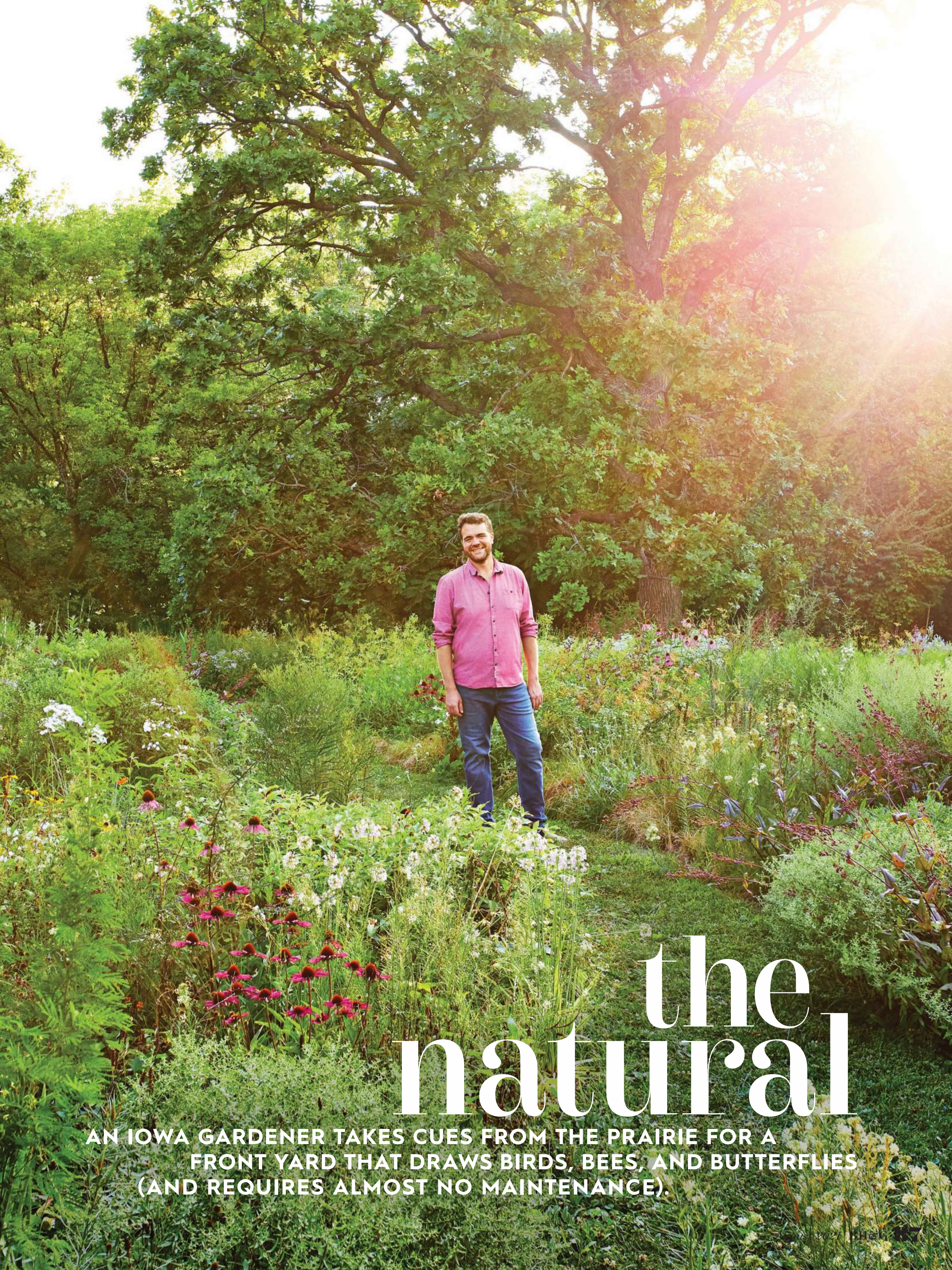
RECIPES BEGIN  
ON PAGE 92.



A close-up photograph of a person's hands holding a bouquet of purple flowers. The bouquet includes several small, round, spiky purple flower heads (Leavenworth eryngo) and a cluster of larger, daisy-like purple flowers (aromatic aster). The person is wearing a light blue shirt, and the background is a solid light blue. The text is positioned in the upper right corner of the image.

In his Iowa front yard, Kelly Norris sows seeds of flowers that grow in the wild in the region, including Leavenworth eryngo, Rocky Mountain blazing star, and aromatic aster. *Opposite:* The only regular work his yard needs is a quick mow of the path to the front door. Everything else is left to grow as it likes.





# the natural

AN IOWA GARDENER TAKES CUES FROM THE PRAIRIE FOR A  
FRONT YARD THAT DRAWS BIRDS, BEES, AND BUTTERFLIES  
(AND REQUIRES ALMOST NO MAINTENANCE).



# Horticulturalist Kelly Norris has a favorite task in his Des Moines front yard— puttering. By that he means meandering, leaning into a plant for a closer look,

wondering which birdsong he's hearing, and eventually trying to remember where he dropped his trowel. "I'm pretty tightly wound, and the garden helps me chill out," he says.

Kelly has long found his happy place in nature. He remembers being captivated as a child by the prairie near his grandmother's Iowa farm. "I'm an Iowa boy and prairies are our heritage," he says. When he bought his current home, a 1940s Colonial Revival, a few years ago, he decided to re-create those wild spaces by planting a meadow. "It was my chance to craft something very personal," says Kelly, the former director of horticulture and education for the Greater Des Moines Botanical Garden and author of the book *New Naturalism*.

Today, nearly every square inch of his front yard (previously an expanse of compacted turf) is planted with the kinds of airy grasses and wispy flowers that are often found in Iowa's prairies. Selecting only plants that grow shorter than 3 feet tall helps prevent the meadow from feeling overwhelming, though it is hardly tamed. "I don't think of my garden as somehow under my control," he says.

Beyond mowing down the plants in spring, Kelly mostly leaves the garden alone (see more on *page 91*). That gives him more time to putter about and see what bird or butterfly grabs his attention. And plenty of them are drawn to his garden, thanks to its diversity of plants. "Our gardens are not separate from the world around us," he says. "Even the smallest patch of green helps connect to the larger ecological quilt."

**1** Mountain mint attracts all kinds of pollinators, including this Eastern Tiger Swallowtail butterfly.

**2** Gray-head coneflower, prairie blazing star, and giant coneflower bring color to the landscape.

**3** Wispy flowers from the yard become attention-grabbers in individual vases.

**4** Kelly relies heavily on Midwestern natives but mixes in plants well-suited to his climate. Favorite sources include [prairiemoon.com](http://prairiemoon.com) and [thepollennation.com](http://thepollennation.com).

**5** A legume, wild senna fixes nitrogen and enriches the soil.

**6** Seed heads find their way onto tables around Kelly's home and are often subjects for his photography and paintings.

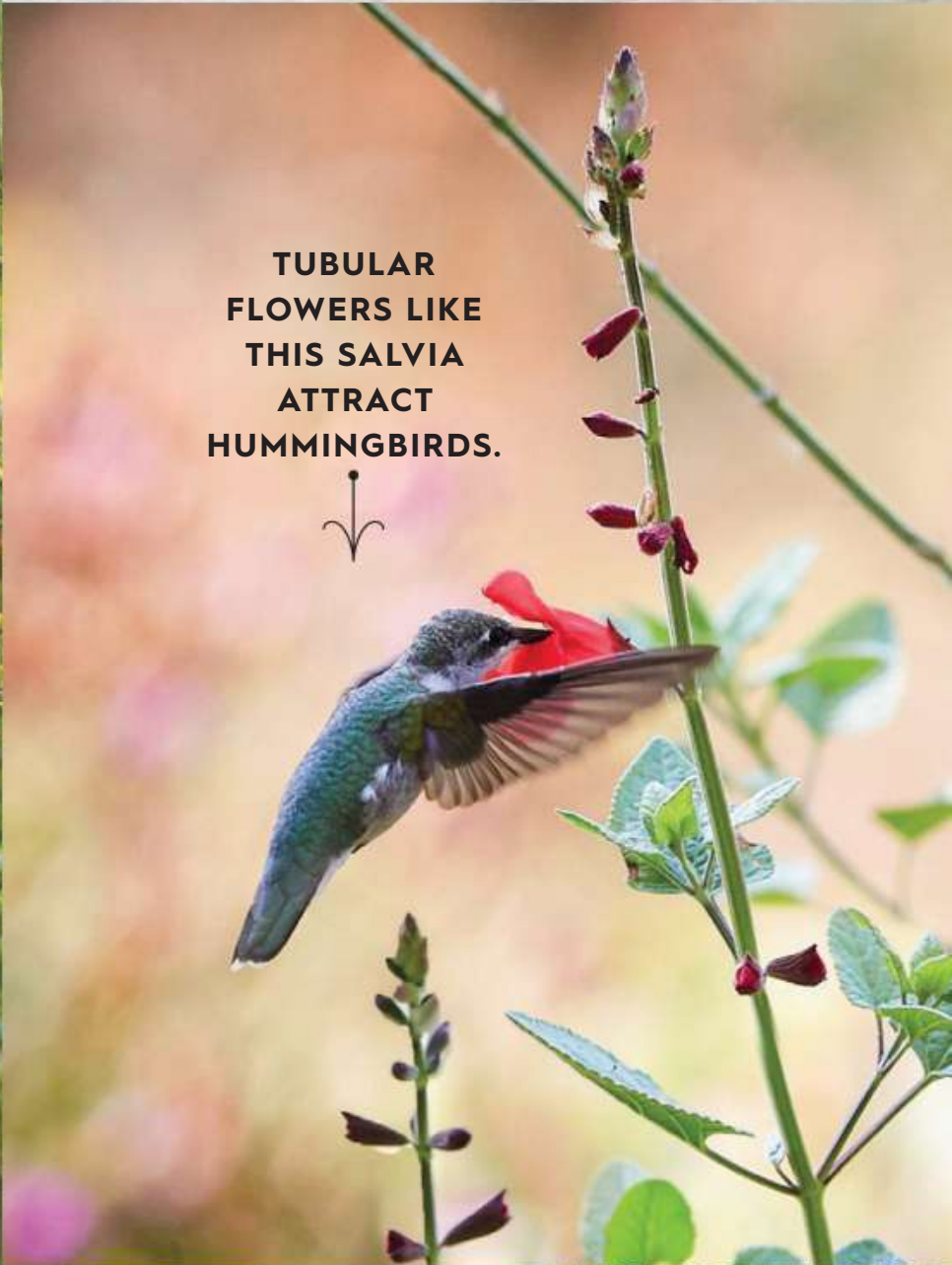




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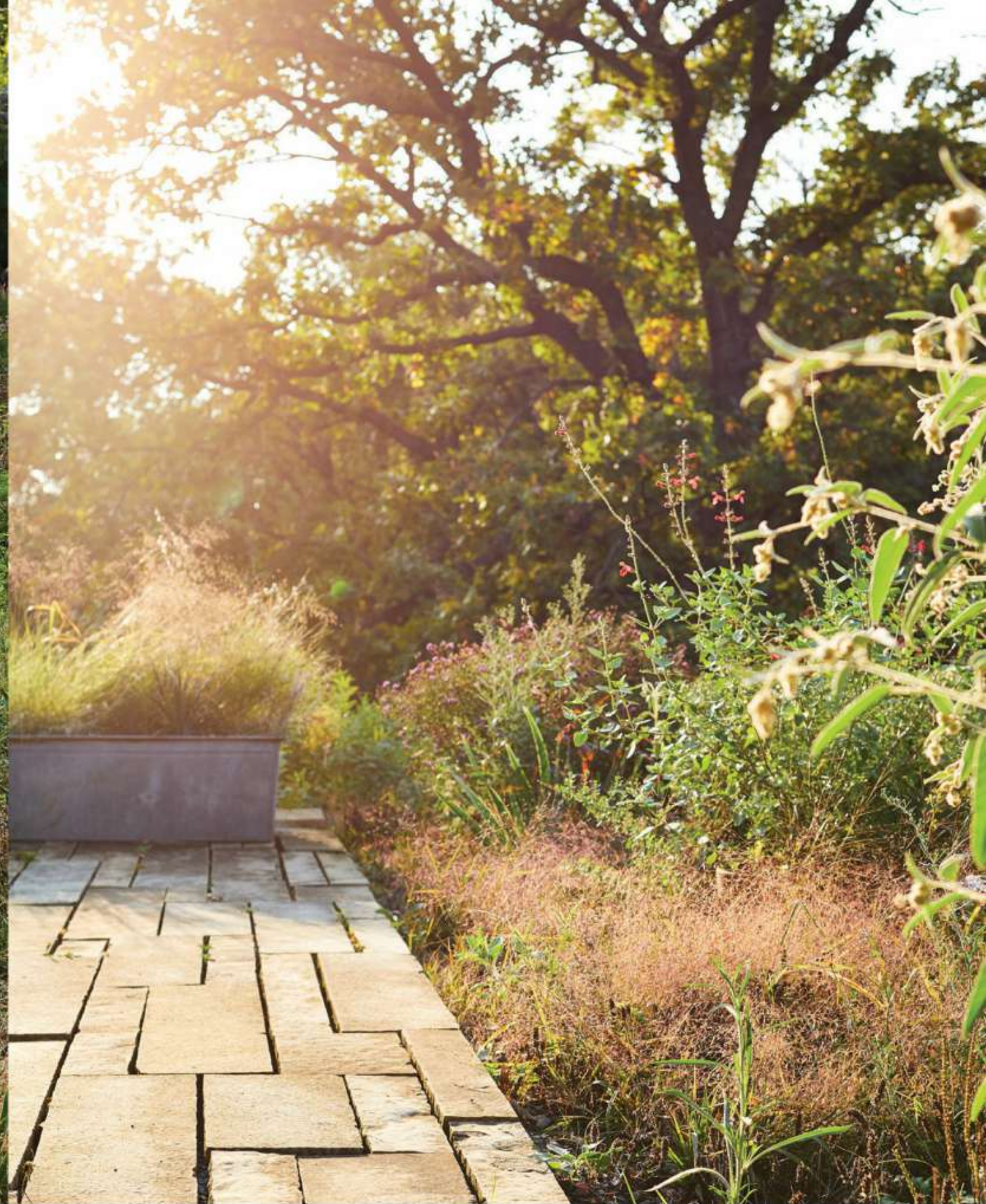


'RASPBERRY' CONEFLOWER

4







**ABOVE** By late summer in his garden, “everything has grown in and feels as comfy as a well-worn sweater,” Kelly says. ♦ Echoing the limestone block of the house’s lower facade, pavers create room between the garden and the home, “as opposed to the garden swallowing the house right up,” he says. **BELOW** Kelly collects seeds from spent flowers then scatters them around the garden. He also leaves seed heads in place as a food source for birds and to give the garden structure in cold, dormant months.





## PLANTING & CARE

By choosing plants that are native or well-adapted to your region, you save yourself time and money. Here's what keeps Kelly's garden going.

### GETTING STARTED

When he moved in, Kelly tore out the existing lawn then planted seedlings. (Plants flourish when planted young and are allowed to grow in their new home.) He also scattered seeds of annuals and biennials.

### WATER AND FERTILIZER

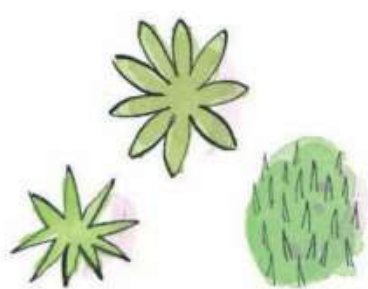
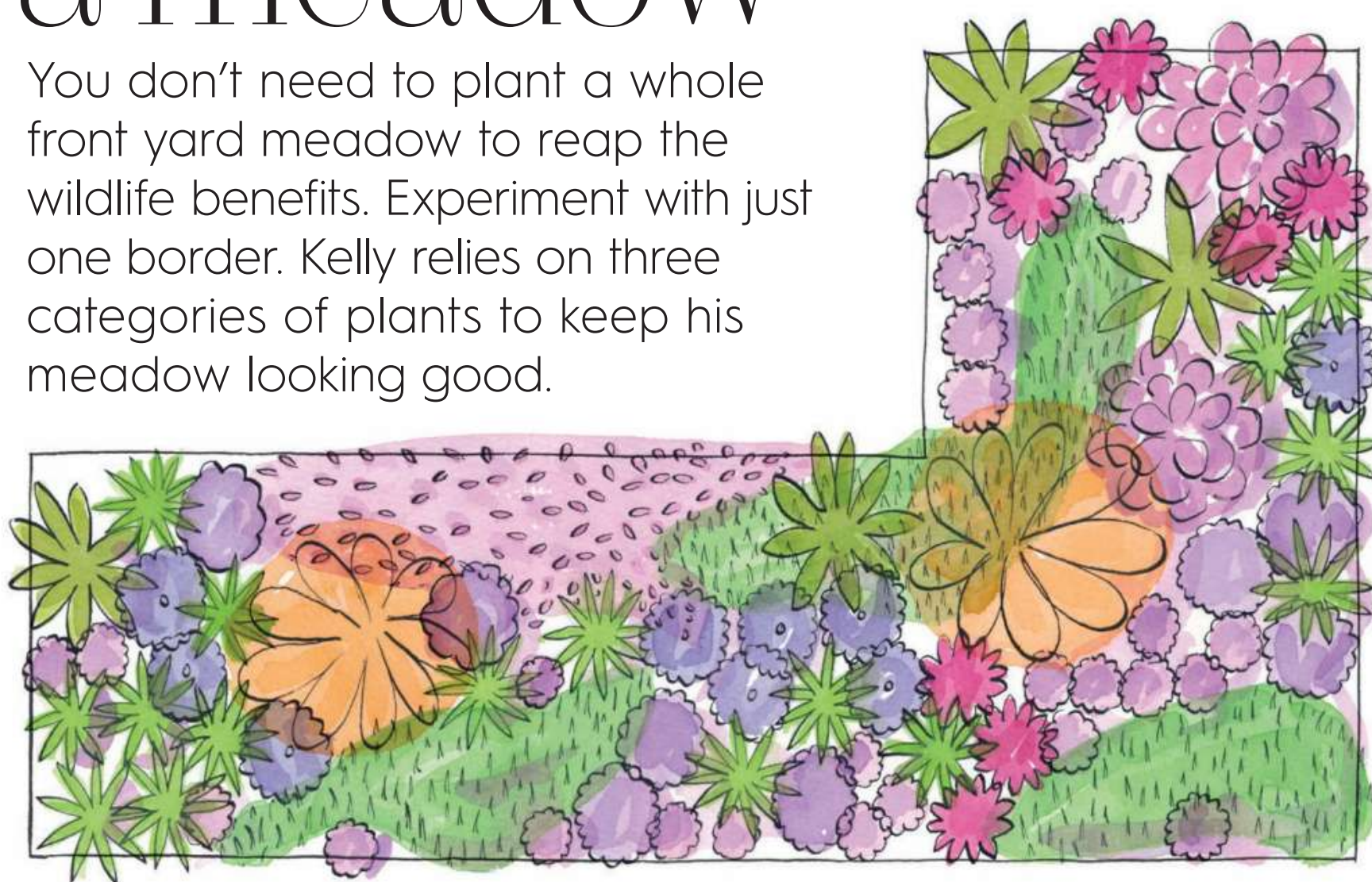
Although he watered the first year, Kelly has since let rainwater provide all the irrigation. "Turns out that clay soil is good for something," he says of its water-retaining abilities. Because he chose plants that thrive in his native soil, Kelly doesn't need to apply fertilizer.

### CUTTING BACK

Kelly rarely prunes, just trims here and there when something catches his eye, and he occasionally mows the path. His only big garden job happens in early spring, when he mows the entire meadow, rejuvenating growth. All the clippings stay where they land, sending nutrients back into the ground.

# elements of a meadow

You don't need to plant a whole front yard meadow to reap the wildlife benefits. Experiment with just one border. Kelly relies on three categories of plants to keep his meadow looking good.



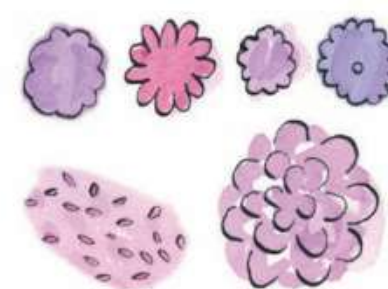
### GRASSES AND SEDGES

A base layer of shorter prairie grasses and sedges holds the meadow together, keeping the entire garden full-bodied and soft. Kelly thinks of this category as knitting together the landscape or as the grout between tiles. "These plants fill all the blank spaces, leaving no voids," he says. Some examples: 'Tara' prairie dropseed, 'Blonde Ambition' grama grass, and white-tinged sedge.



### PLANTS WITH STRUCTURE

Small shrubs, trees, or structured perennials help break up a landscape of airier plants. Kelly often leans on chokeberry, leadplant, red osier dogwood, and small junipers in his garden. In a small border, like the one above, Kelly uses only one or two structural plantings; in a larger patch, he likes to cluster a few plants of the same species.



### FLOWERS

Abundant in Kelly's yard, flowers offer both beauty and function, as they're important nectar sources for pollinators. Kelly plants them "with great artistic license"—that is to say, wherever he thinks they'll look good. Some of his favorites include whorled milkweed, giant hogweed, heart-leaved wood aster, and tickseed. ■





RECIPES FROM PAGES 80–85

## SPICE OF LIFE

Recipes by Pepper Teigen and  
Garrett Snyder, authors of *The Pepper  
Thai Cookbook*.

### CHICKEN CASHEW NUT

*"This is a classic Chinese dish that we  
Thais put our stamp on," Pepper Teigen  
says. "The twist is a dollop of chile jam,  
which adds a sweet roasted chile flavor  
and a touch of heat."*

**START TO FINISH** 45 min.

- 2 Tbsp. + 2 tsp. light soy sauce
  - 2 Tbsp. oyster sauce
  - 4 tsp. purchased sweet chile jam,  
such as Pantai brand
  - 2 tsp. packed light brown sugar
  - ½ tsp. toasted sesame oil
  - ½ tsp. ground white pepper
  - 12 oz. boneless, skinless chicken  
breasts or thighs, cut into bite-  
size pieces
  - 2 tsp. cornstarch
  - 1 tsp. dry sherry
  - ¾ cup roasted salted cashews
  - 6 small dried red chiles, such as árbol  
peppers (optional)
  - 4 cloves garlic, minced
  - 1 small yellow onion, halved and cut  
into ¼-inch wedges
  - 1 red bell pepper, cut into bite-  
size pieces
  - ½ of a green bell pepper, cut into  
bite-size pieces
  - 3 scallions, cut into 1-inch pieces
- Roasted Chile Powder (right),

ground Thai chile peppers, or  
crushed red pepper

Hot cooked jasmine rice

1. In a small bowl whisk together 2 Tbsp. of the soy sauce, the oyster sauce, sweet chile jam, brown sugar, sesame oil, ¼ tsp. of the white pepper, and 2 Tbsp. water until combined.
2. In a medium bowl toss chicken with the remaining 2 tsp. soy sauce, the cornstarch, dry sherry, and the remaining ¼ tsp. white pepper until evenly coated. Let marinate 10 minutes.
3. In a wok or large skillet heat 2 Tbsp. vegetable oil over medium-high until shimmering. Fry the cashews and chiles (if using) in the oil just enough to darken them slightly, 1 to 2 minutes, being careful not to let them burn. Using a slotted spoon, place them on a plate lined with a paper towel to drain.
4. Add garlic and cook until fragrant, about 30 seconds. Add the marinated chicken and cook, stirring, until no longer pink, 2 to 3 minutes. Add the sauce mixture, onions, and bell peppers, tossing to mix. Continue cooking until everything is heated through and combined, about 1 minute. Add the scallions and fried cashews and chiles; toss to combine. Continue cooking until the sauce has thickened, about 1 minute.
5. Sprinkle with Roasted Chile Powder and serve with rice. Serves 4.

**PER SERVING** 478 cal, 22 g fat (3 g sat fat), 62 mg chol, 683 mg sodium, 45 g carb, 3 g fiber, 9 g sugars, 27 g pro

### ROASTED CHILE POWDER

*Pepper likes her chile powder fiery hot! We recommend turning on your oven exhaust fan when you prep this recipe and when you heat the Roasted Chile Powder. Heating releases oils that can make you cough.*

**HANDS-ON TIME** 10 min.

**TOTAL TIME** 45 min.

- 2 cups dried red chiles,  
such as Thai chiles,  
árbol peppers, or  
japones chiles

1. Preheat the oven to 350°F. Spread the chiles evenly across a sheet pan and roast about 6 minutes, watching closely to make sure they don't burn. The chiles are done when they change color from red to a very dark reddish brown.

2. Transfer chiles to a plate and let cool completely, about 30 minutes. Place them in a mortar and grind with the pestle until they're the size of red pepper flakes. (Or use a spice grinder or small blender on high 10 to 15 seconds; make sure the blender is totally dry.) Store the chile powder in an airtight container at room temperature for 3 months or up to 1 year in the freezer. Makes ¾ to 1 cup.

### LUNA'S BROCCOLI BEEF

**START TO FINISH** 35 minutes

- 1 lb. skirt, hanger, or flank steak,  
sliced against the grain into  
2×½-inch strips
  - 2 Tbsp. light soy sauce
  - Ground white pepper
  - 1 lb. broccoli, cut into bite-size florets  
and stems peeled and thinly sliced  
(8 cups)
  - 1 tsp. cornstarch (optional)
  - 6 cloves garlic, smashed
  - 3 Tbsp. oyster sauce
- Hot cooked jasmine rice

1. In a large bowl combine the steak, soy sauce, and a pinch of white pepper; toss to coat. Let marinate at room temperature 20 minutes.

2. Meanwhile, fill another large bowl with ice water and set it next to the stove. Bring a medium pot of water to a boil. Add the broccoli to the boiling water and cook until it turns bright green, about 1 minute. Using a slotted

spoon, transfer broccoli to the bowl of ice water to cool, then drain.

3. If you prefer a thicker sauce, in a small bowl stir cornstarch together with 1 Tbsp. water to make a slurry; set aside.

4. In a wok or large skillet heat 3 Tbsp. vegetable oil over medium-high until shimmering.



**THE PEPPER THAI  
COOKBOOK**  
\$30; [penguinrandomhouse.com](http://penguinrandomhouse.com)



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Add garlic and cook until fragrant, about 30 seconds. Add steak mixture and stir-fry until steak is browned but still pink in the middle, about 3 minutes. Add the drained broccoli, the oyster sauce, and cornstarch slurry (if using); toss to coat. Continue to cook, stirring, until a sauce forms and the broccoli is warmed through, 1 to 2 minutes. Serve with rice. Serves 4.

**PER SERVING** 463 cal, 24 g fat (7 g sat fat), 74 mg chol, 656 mg sodium, 34 g carb, 3 g fiber, 2 g sugars, 30 g pro



## STICKY CARAMELIZED SHRIMP LETTUCE WRAPS

**START TO FINISH** 50 min.

- 1 Tbsp. granulated sugar
- ¼ cup cider vinegar
- ½ cup julienned carrot (1 medium)
- 4 medium red radishes, julienned
- 6 cloves garlic, minced
- ½ tsp. Roasted Chile Powder (page 92), ground Thai chile

- peppers, or crushed red pepper
- 1 lb. peeled and deveined large shrimp (21- to 25-count)
- ¼ cup packed light brown sugar
- 1 tsp. fresh lime juice, lemon juice, or white vinegar
- 3 Tbsp. fish sauce
- 2 tsp. light soy sauce
- 2 scallions, thinly sliced
- ¼ cup unsalted roasted peanuts, chopped
- 12 Bibb or Boston lettuce leaves
- ¾ cup peeled and julienned English cucumber, cut into 2-inch pieces
- Fresh cilantro leaves
- Hot cooked jasmine rice (optional)

**1.** For pickled vegetables: In a medium bowl, combine ¼ cup *hot water*, the granulated sugar, and a pinch of *kosher salt*; stir until the sugar is dissolved. Stir in the vinegar. Add the carrot and radishes; toss to combine. Chill at least 20 minutes.

**2.** Meanwhile, in a wok or large skillet heat 1 Tbsp. *vegetable oil* over medium-high until shimmering. Add the garlic and Roasted Chile Powder; cook until fragrant, about 30 seconds. Add the shrimp in an even layer and season with a pinch of salt. Cook, turning once, until the shrimp are lightly browned but still slightly translucent, 2 to 3 minutes. Transfer the shrimp to a plate and wipe out the wok with a paper towel.

**3.** Place a measuring cup with ¼ cup water next to your cooktop. Set the wok over medium and add brown sugar, lime juice (this helps keep the sugar from crystallizing), and 2 Tbsp. of the water. Cook, stirring often, until the sugar turns an amber-color caramel, 6 to 7 minutes. Remove from heat, then stir in the fish sauce, soy sauce, and remaining 2 Tbsp.

water. Return to heat, stir to dissolve caramel and cook until smooth and sticky (about as thick as honey), about 30 seconds. Add the cooked shrimp,\* ¼ tsp. *ground black pepper*, the scallions, and peanuts; toss to coat. Continue cooking until shrimp are cooked through and evenly coated, about 1 minute. Remove pan from heat; let shrimp cool before transferring them and the sauce to a bowl.

**4.** Remove the pickled vegetables from the fridge and arrange the lettuce leaves, cucumber, and cilantro on a serving platter. To assemble, spoon some of the shrimp and rice (if using) into a lettuce leaf and top with a few pickled vegetables, cucumber, and a sprig of cilantro; roll up. Serves 4.

**\*TIP** To avoid thinning the sauce, drain off any liquid before returning the shrimp to wok.

**PER SERVING** 252 cal, 9 g fat (1 g sat fat), 143 mg chol, 1,884 mg sodium, 23 g carb, 2 g fiber, 17 g sugars, 20 g pro

## EASY WOK-FRIED GREENS

*"If you don't have oyster sauce, use a splash more fish sauce or soy sauce," Pepper suggests.*

**START TO FINISH** 20 min.

- 2 Tbsp. oyster sauce
- 1 tsp. fish sauce or light soy sauce
- 1 tsp. packed light brown sugar (optional)
- 4 cloves garlic, smashed or minced
- ½ tsp. Roasted Chile Powder (page 92), ground Thai chile peppers, or crushed red pepper
- 6 cups loosely packed leafy greens (such as kale, spinach, bok choy, Swiss chard, and/or broccoli rabe),

## [HOW TO] SEASON A WOK

Like cast-iron, carbon steel pans benefit from seasoning to form a nonstick surface and a moisture barrier to prevent rust.

**1 DE-COAT** If you purchased an unseasoned carbon steel wok, it may come with a protective oil coating. Scrub the wok with soap and water. Rinse and dry the wok thoroughly.

**2 HEAT** Place the wok on your stove top over high heat. The carbon steel will change color from silver to bluish color. Rotate the wok until the wok is evenly colored.

**3 OIL** Remove the wok from heat. Reduce the heat to medium-low. Use a paper towel to carefully apply a thin coat of a neutral oil (such as vegetable or grape-seed oil) to the inside of the wok.

**4 HEAT AGAIN** Heat the wok over medium-low heat for 10 minutes. Wipe off the oil with a paper towel. Repeat oiling and heating the wok until black residue does not appear on the paper towel.



stems thinly sliced  
and leaves roughly  
chopped  
Ground white or  
black pepper

**1.** In a small bowl whisk together the oyster sauce, fish sauce, brown sugar (if using), and 2 Tbsp. *water*; set aside.

**2.** In a wok or large skillet, heat 2 Tbsp. *vegetable oil* over medium-high until shimmering. Add garlic and Roasted Chile Powder and cook until fragrant, about 1 minute. Add greens and sauce mixture. (If using greens with thick stems, add the sliced stems to the pan first, cooking 1 to 2 minutes before tossing in the leaves.) Cook, stirring frequently and adding a tablespoon of *water* at a time if the pan looks dry, until leaves are wilted and stalks are tender, 3 to 5 minutes. (Your timings will vary depending on the type of green(s) you're using. Spinach wilts almost immediately; sturdier greens like broccoli rabe and chard take a bit longer.) Sprinkle with pepper. Serve immediately. Serves 2 to 4.

**PER SERVING** 211 cal, 17 g fat (2 g sat fat), 781 mg sodium, 13 g carb, 9 g fiber, 2 g sugars, 7 g pro

## PAD MAMA

*"I keep the seasoning on the light side because I add the flavor packet from the instant noodles at the end of cooking. You can leave out the packet and flavor it how you prefer," Pepper says.*

**START TO FINISH** 35 min.

- 3** 2-oz. pkg. Thai instant noodles (Pepper recommends Mama brand's tom yum flavor)\*
- 1** Tbsp. minced garlic
- ½** lb. ground pork
- 2** Tbsp. light soy sauce or fish sauce
- 1** Tbsp. oyster sauce
- 1** tsp. granulated sugar
- ½** cup sliced, halved yellow onions



Get our collection of fresh, weeknight-friendly ideas on newsstands and at [magazine.store/FastFresh](https://www.bhg.com/magazine/fast-fresh)



- ½** cup roughly chopped Chinese broccoli, bok choy, or cabbage
- ¼** cup julienned carrots (½ medium)
- 1** plum tomato, cut into small wedges
- ½** cup bean sprouts
- 2** scallions, green parts, cut into 1-inch pieces
- Ground white pepper
- Fresh cilantro leaves

**1.** Bring a medium pot of water to a boil. Unwrap the instant noodles (reserve the seasoning packets) and break noodle blocks into quarters as you add them to the pot. Cook, stirring, just long enough for them to soften and loosen, about 1 minute. Drain noodles immediately,

shaking off as much of the water as you can.

**2.** In a wok or large skillet, heat 2 Tbsp. *vegetable oil* over medium-high until shimmering. Add garlic and cook until fragrant, about 30 seconds. Add the pork and cook until browned, about 3 minutes. Stir in soy sauce or fish sauce, oyster sauce, and sugar. Add onions, Chinese broccoli, and carrots; cook until the vegetables brighten in color, about 2 minutes. Add the drained noodles and wedges of tomato. Continue cooking, stirring occasionally, until the noodles have absorbed some of the sauce, about 3 minutes. Stir in bean sprouts and scallions; remove from heat. Season with a pinch of white pepper and reserved seasoning packets (use as much as you like). Garnish with cilantro. Serve immediately. Serves 4.

**\*TIP** "The one instant noodle brand everyone knows in Thailand is Mama," Pepper says. "It's like the Thai version of Japanese Top Ramen. I've made this recipe with all kinds of instant noodles, but for the classic Thai taste, get the Mama brand instant noodles at any Asian market."

**PER SERVING** 434 cal, 26 g fat (9 g sat fat), 41 mg chol, 1,228 mg sodium, 33 g carb, 3 g fiber, 4 g sugars, 16 g pro

RECIPES FROM PAGES 62–68

## DINNER'S READY

Recipes by Meghan Splawn and Stacie Billis, cohosts of the *Didn't I Just Feed You* podcast.



## CHICKEN & WAFFLES COBB SALAD

**START TO FINISH** 45 min.

- 1** 24-oz. pkg. frozen chicken strips
- 2** ears fresh sweet corn or 1 cup fresh or frozen corn kernels
- 16** frozen mini waffles
- 10** cups chopped romaine lettuce
- 3** large peaches, pitted and chopped
- 1** cup cherry tomatoes, halved
- 4** oz. sharp cheddar cheese, cubed
- 8** slices bacon, crisp-cooked
- 4** large hard-boiled eggs, chopped or sliced
- 1** avocado, chopped or sliced
- Maple Vinaigrette (page 97)

**1.** Cook chicken strips according to package directions. If using corn on the cob, cook it at the same time: Remove husk and silks, wrap ears in foil, and bake on a sheet pan 20 to 25 minutes or until tender. (If using frozen corn, cook according to package directions.) Slice chicken into strips and cut corn kernels off cobs.

**2.** While the oven is hot, cook mini waffles according to package directions (or toast in the toaster). Cut or tear waffles into bite-size pieces.



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# the PERFECT PLATE



### KERRYGOLD GRILLED HAWAIIAN CHICKEN SANDWICHES

Find your next summer BBQ meal inspiration with sweet and savory Kerrygold Grilled Hawaiian Chicken Sandwiches.

#### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup barbecue sauce
- ¼ cup soy sauce
- ¼ cup pineapple juice
- 1 tablespoon fresh grated ginger
- ½ tablespoon fresh minced garlic
- ½ teaspoon pepper
- 4 pineapple ring slices
- 1 red onion, cut into ½-inch slices
- 4 slices Kerrygold Savory Sliced Cheddar Cheese
- 4 ciabatta rolls

#### INSTRUCTIONS

1. For Marinade: Combine barbecue sauce, soy sauce, pineapple juice, ginger, garlic and pepper in a medium bowl. Whisk to combine. Reserve ½ cup marinade for basting. Add chicken to marinade, cover bowl tightly and refrigerate for 2-8 hours.
2. Preheat grill to medium high and brush grates with oil. Place pineapple rings and red onion slices on grill. Grill the pineapple slices for 3 minutes per side and the onion slices 4-5 minutes per side or until desired. Remove from grill and set aside.
3. Brush grates with oil again and add chicken breasts. Grill for 5-7 minutes and flip. Baste with reserved marinade and grill for additional 5-7 minutes. Cook until internal temperature is 160.
4. Place 1 Kerrygold Savory Cheddar Cheese slice on to top of each chicken breast and cook until melted, about 1 minute.
5. Remove chicken from grill and let rest for 5 minutes for juices to redistribute.
6. Serve grilled chicken breasts on ciabatta rolls topped with grilled pineapple rings, red onion, lettuce and extra barbecue sauce on the side.



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**3.** On a large platter arrange chicken, corn, waffle “croutons,” lettuce, peaches, tomatoes, cheese, bacon, eggs, and avocado. Serve immediately with Maple Vinaigrette. Serves 6.

**MAPLE VINAIGRETTE** In a small bowl whisk together until emulsified  $\frac{1}{2}$  cup olive oil,  $\frac{1}{4}$  cup cider vinegar, 2 to 3 Tbsp. pure maple syrup, 1 Tbsp. Dijon mustard, and if desired,  $\frac{1}{2}$  tsp. red pepper flakes and/or  $\frac{1}{8}$  to  $\frac{1}{4}$  tsp. cayenne pepper.

Alternatively, place the ingredients in a screw-top jar and shake well to combine.

**PER SERVING** 678 cal, 42 g fat (11 g sat fat), 239 mg chol, 1,194 mg sodium, 33 g carb, 5 g fiber, 15 g sugars, 45 g pro



**SWAP IT OUT**  
In place of  
cupcake liners,  
use precut  
parchment paper  
for baking sheets  
to line standard  
muffin cups:  
Halve each sheet  
lengthwise, then  
cut each half  
into thirds.

with 1 Tbsp. of the sugar mixture. Unfold one sheet of puff pastry onto sugar mixture, short side facing you. Gently roll pastry with a rolling pin to press in sugar.

**3.** Using a small spatula, spread 2 Tbsp. butter over the puff pastry. Sprinkle with 2 Tbsp. of the sugar mixture. Cut into six equal strips and roll each strip into a coil. Place pieces in muffin cups. Repeat with the second sheet of puff pastry.

**4.** Bake 30 to 35 minutes or until golden brown and puffed. Meanwhile, melt the remaining

2 Tbsp. butter. Let buns cool 2 minutes in pan then brush tops with melted butter. Working one at a time, remove buns from pan and roll in remaining sugar mixture. Serve warm or at room temperature. Makes 12.

**PER BUN** 261 cal, 17 g fat (9 g sat fat), 15 mg chol, 211 mg sodium, 25 g carb, 1 g fiber, 8 g sugars, 4 g pro ■



## SHORTCUT SUGAR BUNS

**HANDS-ON TIME** 15 min.  
**TOTAL TIME** 50 min.

- $\frac{1}{4}$  cup granulated sugar
- 2 Tbsp. packed light brown sugar
- 1 tsp. ground cinnamon
- 1 17.3-oz. pkg. frozen puff pastry (2 sheets), thawed but still cold
- 6 Tbsp. unsalted butter, softened

**1.** Preheat oven to 375°F. Coat a muffin pan with *nonstick cooking spray*.

**2.** Combine granulated sugar, brown sugar, cinnamon, and  $\frac{1}{4}$  tsp. *kosher salt* in a small bowl. Sprinkle a work surface

## SWEEPSTAKES RULES

### HOME SWEEPSTAKES

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## AUGUST 21 is National Honey Bee Day.

These essential workers are nature's heroes: They are one of the many kinds of bees that pollinate 80 percent of cultivated crops. But there are fewer honeybees due to pesticides, diseases, and habitat destruction. You can help protect them by gardening organically, planting a variety of flowering plants, and picking up a jar of local honey.

Bee-friendly flowers include cornflowers, lavender, and sunflowers.



The average 15- to 44-year-old spends

10

MINUTES  
OR LESS

reading daily. But research shows that reading reduces stress levels by 68 percent. It can also help strengthen your mind, boosting your memory and thinking skills. It's worth digging into a book as a daily habit; try reading a favorite novel before bed to help you wind down.



**AUGUST 1-7  
IS NATIONAL  
FARMERS  
MARKET WEEK.**

Thriving farmers markets boost the local economy, improve access to fresh produce, and reduce your ecological footprint. They are also a great way to stay connected to your community. For more info about markets near you, go to [localharvest.org](http://localharvest.org).

If you're 50 to 80 years old and have a history of smoking a pack a day for 20 years or more, talk to your doctor about getting

## A YEARLY CT SCAN FOR LUNG CANCER.



The new recommendation lowers the age and smoking history so more Americans are eligible for the test, experts say. Lung cancer is the second most common kind of cancer.

ONE IN 13 KIDS HAS A FOOD ALLERGY.  
THE BIGGEST CULPRITS: **EGGS, MILK, AND  
PEANUTS FOLLOWED BY WHEAT, SOY,  
AND TREE NUTS.**

If your child has a food allergy, download these handy apps to help her stay safe. AllergyEats allows you to find restaurants that app users ID as having allergen-free dishes and catering to allergies; Ipiit scans product barcodes and alerts you to ingredients you have earmarked to avoid; Belay lets you share your child's food allergies, symptoms, and treatment plan with caregivers.



# When you muddle through allergies

it throws  
everyone  
off course.



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ZYRTEC® starts working hard at hour one. It works twice as hard  
when you take it again the next day and stays strong day after day.



\*Starts working at hour 1. Use only as directed.

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# DRINK UP COOL DOWN

When the temps rise, you have to hydrate, hydrate, hydrate. Water is a go-to, but fruits and veggies also have lots of H<sub>2</sub>O and nutrients too. This batch of beverages will give you a health boost.



## watermelon-cucumber-lime refresher

(unless the watermelon is super sweet). Serve over **ice**. **GOOD-FOR-YOU FACTS** Watermelon and cucumbers have among the highest water content of any fruit or vegetable. And watermelon is a powerhouse of potassium, an important nutrient for maintaining fluid balance.

Blend 1½ cups cubed **fresh watermelon**, ¼ tsp. **lime zest**, 2 to 3 tsp. **lime juice**, one 2-inch piece **peeled cucumber**, and 1 tsp. **light agave nectar**



## sparkling iced mocha

Blend 1 oz. **brewed decaf\* espresso** or **strong decaf coffee**, ½ cup **low-fat milk**, 1 tsp. **unsweetened cocoa powder**, and 1 tsp. **light agave nectar**. Pour over **ice** and top with ⅓ cup chilled **sparkling water**.

**GOOD-FOR-YOU FACTS** This tasty brew is a good source of the electrolytes calcium, magnesium, and sodium.

*\*Note:* Opt for decaf because caffeine can be a mild diuretic.

## pineapple-mint-coconut cooler

Blend 1 cup cubed **fresh pineapple**, ½ cup chilled **coconut water**, and 4 **mint leaves**. Pour over **ice**. **GOOD-FOR-YOU FACTS** Coconut water has many electrolytes, including potassium, sodium, calcium, and magnesium. Mint and pineapple also supply potassium plus vitamin C, which helps skin retain moisture.





**REAL  
strawberries.**

**WHOLE  
blueberries.**

**DELICIOUS  
chocolatey delight.**



**SPECIAL**



Who said doing something good  
for yourself had to be hard?

**Do what's  
delicious.**





## strawberry kombucha crush

Blend 1 cup chilled **strawberry- or berry-flavor kombucha** and 8 **strawberries** until strawberries are pulverized. Pour over **crushed ice** and garnish with **fresh basil**.

**GOOD-FOR-YOU FACTS** Kombucha delivers low-cal hydration and good bacteria to help keep your gut healthy. Strawberries are high in water, potassium, and vitamin C.



## TIPS TO DRINK MORE WATER

Chugging enough plain water to stay hydrated can feel like a chore, so jazz it up with these ideas.

### GO BUBBLY

Switching in sparkling water or seltzer can be a treat, especially with a splash of orange, cranberry, or grapefruit juice. Garnish with lemon or lime.

### BE SCRAPPY

Add citrus peels, extra-ripe peaches or pears, berries, or watermelon rind to a pitcher of water. The drink keeps in the fridge for one to three days. Ripe fruit tends to be sweet, so you don't need much.

### RAID THE HERB GARDEN

Add a few sprigs of basil, mint, rosemary, or thyme to a glass of water for an herbaceous kick. You can also freeze an ice cube tray of coarsely chopped herbs in water.

### GET JUICY

Frozen cubes of your favorite juice flavor a tall glass of water as they melt. ■

## citrus-ginger sports tonic

In a drinking glass, use a fork to whisk 1 tsp. **honey** and a small pinch **fine sea salt** into 1 Tbsp. **fresh lemon juice** until it dissolves. Add  $\frac{3}{4}$  cup **fresh orange juice** and  $\frac{1}{2}$  to 1 tsp. **finely grated fresh ginger** and whisk again. Chill or serve over **ice**.

**GOOD-FOR-YOU FACTS** This tangy beverage includes sodium along with plenty of potassium courtesy of the citrus juices. Ginger gives it a spicy kick, plus antioxidants and compounds that help fight off bacteria.





**REDUCES NIGHT  
SWEATS.  
HELPS YOU  
FALL ASLEEP  
NATURALLY.\***



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
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# SNOOPY FINDS HOME

We adopted a pet during the pandemic—in a most unusual way.

**D**o you hear a dog barking?" I asked my husband, Jeff, as I looked out the kitchen window and saw glimpses of a beagle galloping around the side of the house.

*Oh, he probably just wandered too far and will go back home,* I thought. But a few hours later, there he was sitting on our porch. He was sweet but sad and a bit skittish, with a pretty bad cough. We gave him food and water and set out to find his owner. The first stop: the veterinarian.

"Well, he's got an infection in both ears and two tick-borne illnesses: Lyme disease and anaplasmosis. Looks like he's had them for a while," says our vet, LuAnn. "And he's probably about 12 years old."

While we put out the word about the lost dog, we dutifully cared for him. Every morning we cleaned his ears and gave him medication. We offhandedly started calling him Snoopy—he's a beagle after all. The name stuck, evolving to Snoops, Snoop, or Snoop Dog.

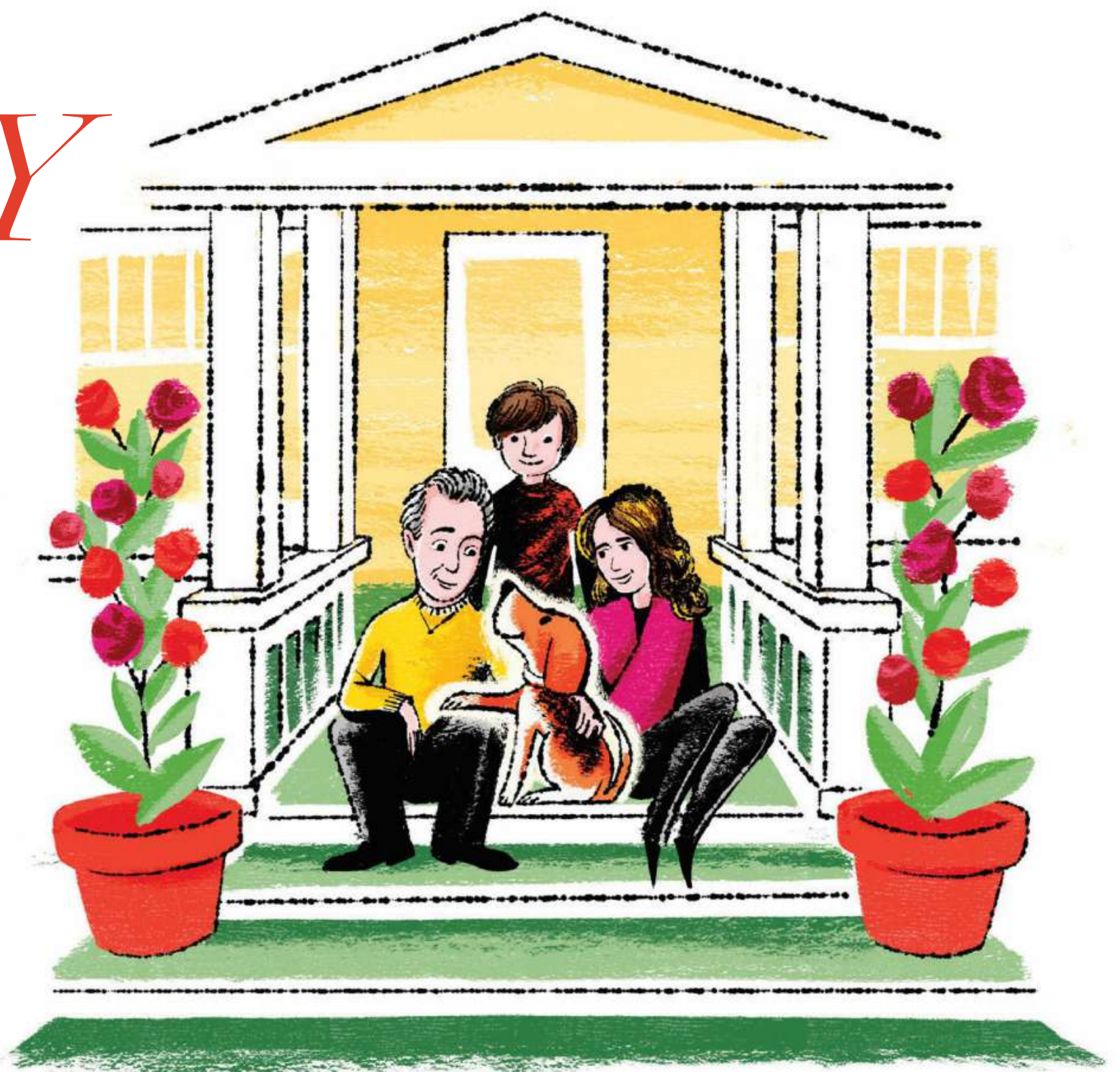
Slowly but surely Snoop came to life, choosing Jeff as his main man. When Jeff was gone, Snoops would hop up on the armchair and watch for his car to pull into the driveway, often letting out a deep, melancholy howl of *I miss you*. When Jeff returned, Snoops would pant with excitement, lean down on his front

paws (a play bow), wag his tail, shake his head, and do a spin—the Snoopy dog dance.

Two months, many calls to neighbors, and a few hundred social media posts and flyers later, no one had claimed sweet ol' Snoops. Did we really want to keep him? We already had our cat Biskits, who'd shown up right when the pandemic lockdown started. What would happen when life went back to normal? A dog is a big responsibility.

Meanwhile, Snoops was living his best life: getting plenty of head-out-the-window, ears-blowing-in-the-wind car rides; taking afternoon naps in the sun; and even buddying up with Biskits. Then one day we got a text from a friend of a friend: "Hey, I have a few people who would love to take Snoops. Can they come see him?" Jeff and I looked at each other and the thought of giving him up was too much.

Whenever we take Snoop on walks or he sits with us outside at local restaurants watching the neighborhood dogs go by, people stop to pet him. One woman asked how we got him. "He's a rescue," Jeff said, telling her the story. She looked at Snoops then at Jeff. "I think he rescued you too."



## ADOPT A SENIOR

Three reasons why from Amelia Wieber, founder of Caring Behavior:

**1** You're truly saving a life. Seniors tend to require medical care that shelters often don't have the funds or time to provide.

**2** They're more mellow. You're not getting a puppy who's more likely to chew on shoes.

**3** You know what you're getting. Once past adolescence, dogs have settled into their personality.

Visit [dailypaws.com/seniordogs](https://dailypaws.com/seniordogs) for advice about caring for a senior dog. ■





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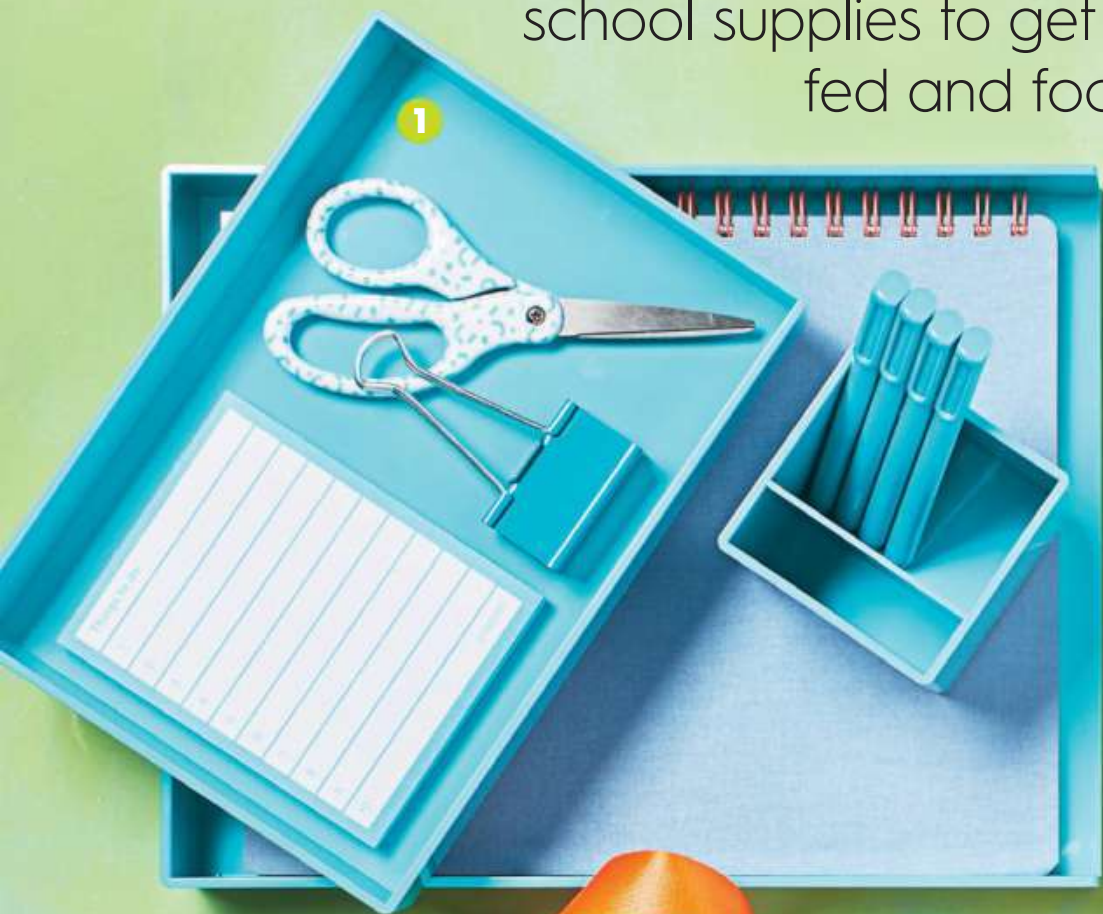
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# COOL FOR SCHOOL

We've rounded up our favorite hardworking school supplies to get your students organized, fed and focused, and ready for the first bell.



## THE RIGHT TOOLS

Consider this a school supply first aid kit: mini stapler, tape, hole punch, and pencil sharpener all in a compact box.

**Mini Supply Kit,** \$6; [yoobi.com](http://yoobi.com)



## TAKE NOTE

A floral design puts a pretty spin on a desk set that includes notepads, paper clips, pencils, and magnets.

**Tackle Box in Garden Party,** \$34; [riflepaperc.com](http://riflepaperc.com)

**BH&G EXCLUSIVE DEAL**  
Get a special reader discount on this backpack, see p. 4.

**1** Keep essentials handy in a **Poppin Letter Tray Storage Kit** (\$58; [containerstore.com](http://containerstore.com)).

**2** Baggu Puffy Laptop Sleeve, \$28; [bando.com](http://bando.com)

**3** A portable keyboard for taking notes on Apple devices. **Keys-to-Go,** \$70; [logitech.com](http://logitech.com)

**4** Sparkly bling, padded straps, and plenty of pockets.

**Kane Kids Backpack,** \$95; [statebags.com](http://statebags.com)

**5** Tidy, accessible desktop file storage in a **Rainbow 7-Pocket Accordion File** (\$10; [containerstore.com](http://containerstore.com)).

**6** Cut down on tangled wires with the **J-Design Wireless Mouse** that works up to 32 feet away. \$20; [jellycomb.com](http://jellycomb.com)



# #1 Organizing App for Families



Simplifying family life for **15 years!**



A color-coded calendar for the whole family to share



**The Williams Family**

- Claire >
- Michael >
- Johnny >
- Nia >
- Nana >
- Papa >



A shared list so anyone can add items and pick up the groceries

- MEAT**
- ☐ Chicken
- PRODUCE**
- ☐ Lime
- ☐ 2 Green Bell Peppers



Cozi will notify others and send reminders—so you don't have to!



**7/15 10:00 am**  
Reminder: Nia's dentist appointment



**Cozi Family Organizer**  
★★★★★ 200,000 5-star ratings!



Scan with your phone camera to get Cozi – it's **FREE!**





**TO GO**  
New favorite eating-out kit: four straws and a cleaning brush.

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POUCHES  
ALSO STORE  
SCHOOL  
SUPPLIES AND  
TECH  
GADGETS.

**BOWLED OVER**

Food-grade silicone goes in the fridge, freezer, or microwave.

**1** A **Bottle Sling** to tote water means no more leaks in backpacks. \$35; [statebags.com](http://statebags.com)

**2** Skip plastic and paper. **6-Piece Reusable**

**Straw Set with Case**, \$20; [oxo.com](http://oxo.com)

**3** Sustainable, collapsible, and spill-proof. **36-oz. Bowl**, \$20; [stojo.co](http://stojo.co)

**4** Sturdy, reusable silicone bags. **Snack and Sandwich Bags**, from \$10; [stasherbag.com](http://stasherbag.com)

**5** Serving sizes of dressings, dips, and spreads stay

fresh. **Condiments-on-the-Go**, \$5 for three; [containerstore.com](http://containerstore.com)

**6** The **Baldwin Boxer Lunchbox** is insulated and lined. \$60; [riflepaperco.com](http://riflepaperco.com)



**SIP SMART**

A replaceable filter is the star, but we also love that the cap flips open and clicks closed.

**20-oz. Water Filter Bottle**, \$20; [hydroslife.com](http://hydroslife.com)



**CLEAN TEAM**

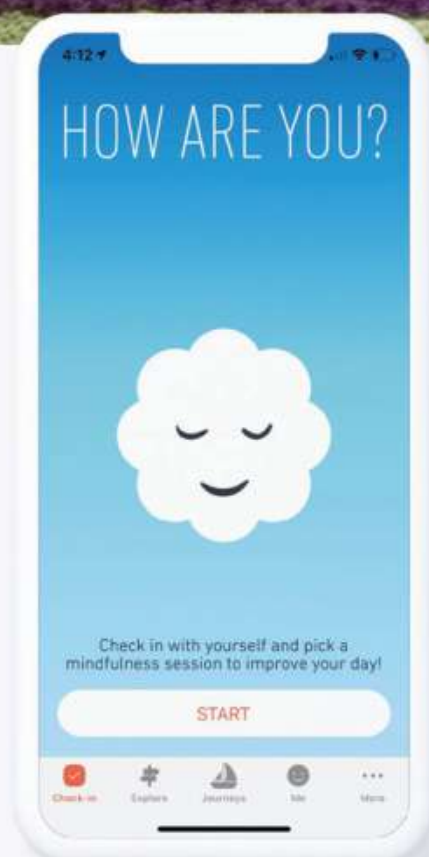
Clip onto a backpack or bag and kids always have unscented moisturizing hand sanitizer, well, handy.

Tea Collection, \$15 for set of three; [olikalive.com](http://olikalive.com) ■



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6:30 am — Frustrated  
7:17 am — Nervous  
8:33 am — Scattered  
9:05 am — Excited  
11:29 am — Proud



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SCAN WITH SMARTPHONE

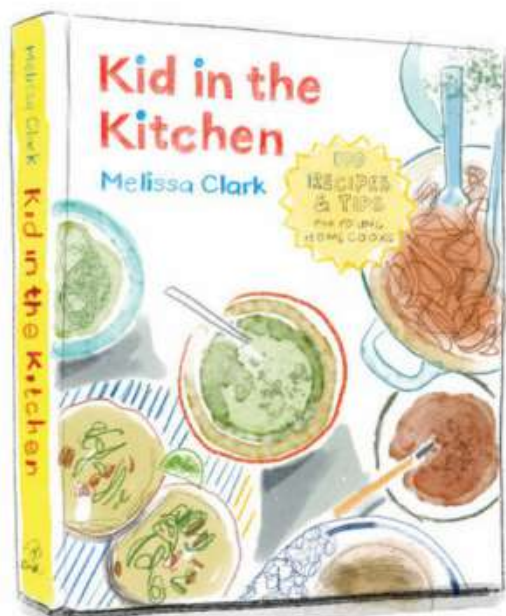
It all starts with how you're feeling, right now. You'll enjoy a customized experience from over 400 relaxation activities, each one about 10 minutes or less. MyLife delivers exactly what you need — because it always starts with **you**.



**my  
life**

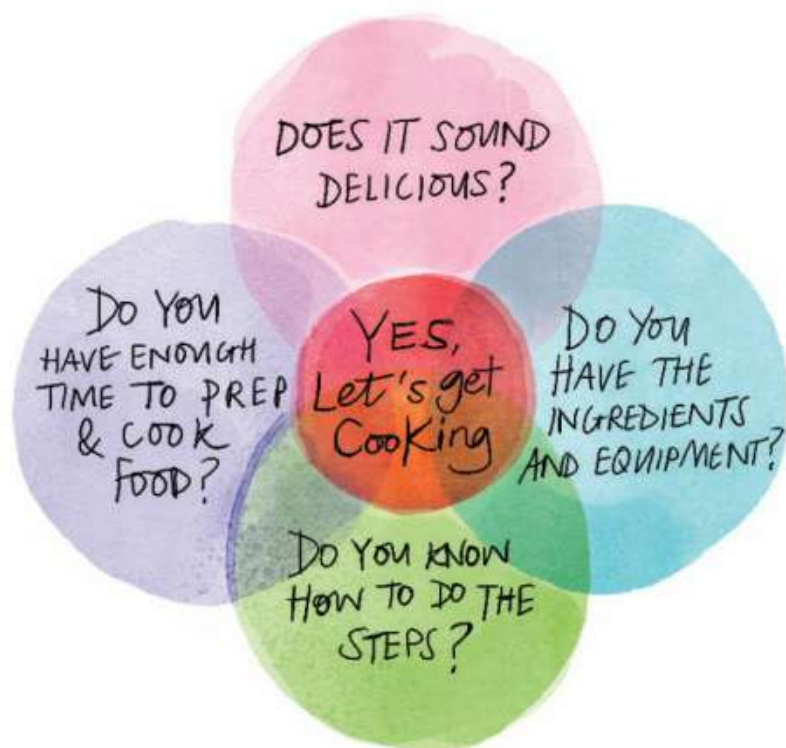
START YOUR MINDFULNESS JOURNEY AT MYLIFE. DOWNLOAD FOR FREE.





## recent project

In her newest book, *Kid in the Kitchen: 100 Recipes and Tips for Young Home Cooks* (\$24; penguinrandomhouse.com), Melissa shares her insights from cooking with her daughter, Dahlia. “Kids want to make foods they love to eat. They want to know the whys behind cooking, have step-by-step instructions, and figure out ways to tweak a recipe so they can make it exactly how they like it.”



## before you start cooking

Melissa recommends reading the recipe all the way through and asking yourself the questions above. “If you answer yes to all of them, then you’re good to go.”

### [SPICE SOURCE]

“I’m loving all the spice blends available like garam masala and baharat. Burlapandbarrel.com has beautiful, fresh spices sourced by small farms.”



## MELISSA CLARK

**GIVING HOME COOKS CONFIDENCE WITH APPROACHABLE RECIPES, DOABLE STRATEGIES, AND AN INFECTIOUS PASSION FOR GOOD FOOD.**

Our kitchen bookshelf holds more Melissa Clark recipes than we can count. The author of 44 cookbooks and food columnist for *The New York Times* shares her favorite kitchen finds and advice for the next generation of home chefs.

“Kids learn to cook by doing, not observing. They need to feel that knife in their hand, peel the onions themselves.”



## crunch snack crackeritos

These are can’t-stop-eating good. Toss 2 cups of any cracker (saltines, Ritz, Wheat Thins) with ½ cup olive oil, 6 Tbsp. grated Parmesan, 1 tsp. dried oregano, 1 tsp. garlic powder, and ¼ tsp. crushed red pepper. Arrange on a cookie sheet and bake 10–15 minutes at 300°F.



## object of affection

“I use my husband’s old darkroom timer in my kitchen. It has a super-loud ding when it goes off, so it’s easy to hear when there’s a lot of commotion going on.”



## flavor discovery

“My daughter told me about nooch—short for nutritional yeast. It has an umami flavor (a little nutty, cheesy) and punches up mild foods like popcorn and pastas. ■



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